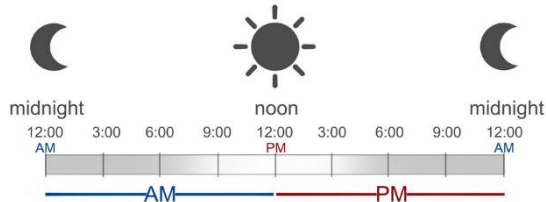


UNIT 1

Part 2 – UNITS OF TIME

The day



AM and PM is the simple abbreviation of Latin phrases. **AM** stands for ante meridiem, which translates into English as 'before midday'. Meanwhile, **PM** is post meridiem and it means in English 'after midday'.

These abbreviations are used to identify the time in the 12-hour clock format instead of using 24 hours. Considering that a day has 2 cycles, AM and PM denote whether it is before or after the middle of a day.

The most common argument in favour of using the 12-hour convention is a convenience decision: easy pronunciation. It is easier to say 6 PM rather than 18 hours.

ACTIVITY 1

Find the answers to the following questions:

- Is noon AM or PM?
- Is midnight AM or PM?
- How do you convert AM/PM to 24-hour format?



Write the different times (12-hour clock or 24-hour format):

- | | |
|---|--------------------------------|
| <input type="checkbox"/> Five o'clock in the morning | <input type="checkbox"/> 15:15 |
| <input type="checkbox"/> Three o'clock in the afternoon | <input type="checkbox"/> 09:45 |
| <input type="checkbox"/> Ten past ten at night | <input type="checkbox"/> 00:00 |

The month



The months originated as a way to mark time and break up the year into shorter periods based on the Moon's orbit around Earth. The word *month* is even derived from the word *Moon*.

As far as we know, months were first used in Mesopotamia sometime between the years 500 BCE and 400 BCE to measure the natural period related to the lunar month, or synodic month, which is the time it takes for the Moon to go through all the Moon phases.

The Gregorian calendar is the most widely used calendar in the world today. It is the calendar used in the international standard for Representation of dates and times:

ISO 8601:2004. It is a solar calendar based on a 365-day common year divided into 12 months of irregular lengths. 11 of the months have either 30 or 31 days, while the second month, February, has only 28 days during the common year. However, nearly every four years is a **leap year**, when one extra – or intercalary – day, is added on 29 February, making the leap year in the Gregorian calendar 366 days long.

The days of the year in the Gregorian calendar are divided into 7-day weeks, and the weeks are numbered 1 to 52 or 53. The international standard is to start the week on Monday. However, several countries, including the US and Canada, count Sunday as the first day of the week.

Our current Gregorian calendar and its predecessor, the Julian calendar, both have 12 months. However, the month names we use today are derived from the Roman calendar, which initially had only 10 months, with the calendar year starting in March (*Martius*).

The Romans named some of the months after their position in the calendar year: September means the 7th month, October the 8th, November the 9th, and December the 10th month. However, when January and February were eventually added and the beginning of the calendar year was moved to January, the position of these months no longer corresponded with the original meaning of their names. Today, we still call the 9th month of the year September, the 7th month.

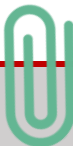
The Islamic calendar, the Hebrew calendar, and the Hindu calendar also use months to divide up the year. Although the Gregorian calendar is the most commonly used calendar today, other calendars are still used in many parts of the world to calculate certain holidays and annual feasts.

Information adapted from: <https://www.timeanddate.com/calendar/months/>

ACTIVITY 1

This is a traditional verse mnemonic used to remember the number of days in the months of the Julian and Gregorian calendars. It arose as an oral tradition and exists in many variants.

 Rhyme:



**Thirty days hath September
April, June and November
All the rest have thirty-one
Excepting February alone
Which only has twenty-eight days clear
And twenty-nine in each leap year.**

Ask students if there are similar rhymes in their countries. Get them to tell the group about them. If not, find out if they have another easy way to remember the length of months.

ACTIVITY 2

Why are months different lengths?

<https://www.britannica.com/story/why-are-there-only-28-days-in-february>

ACTIVITY 3

What's in a name? What do the months' names mean and where do they come from?

<https://www.timeanddate.com/calendar/months/>

Find out about the month you were born, one of your parents' birth month and your best friend's.

ACTIVITY 4

Create your own calendar for the next month. What would be your ideal month?

<https://www.timeanddate.com/calendar/create.html?typ=2>

ACTIVITY 5

What about the days of the week? Where do they come from? What are the planets they refer to apart from the Sun (Sunday) and the Moon (Monday)?

ACTIVITY 6

Find out about the main differences between the Gregorian calendar and other calendars.

