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| ESK 1  Conversions and Measurement | | |
| Mike rides his motorcycle 51 miles in 3/4 hour. What is his average speed in miles per hour? Convert this speed to meters/second. | | |
| How many miles will a car travel if it is going 45 miles/hour for 1.5 hours? How many meters will you have left if you need to drive 200 miles? | | |
| Lauren was training for a marathon and ran a total of 120 kilometers in one week.   How many meters did she run?   If she can run 8 miles/hour how long did she run for each day?  3. | | |
| A swimming pool is 50 meters long.  Each day a swimmer swam a total of 75 lengths of the pool for practice.  If her practice is 1 hour long, on average, how fast was she swimming? How many kilometers did he swim over a 15 day period? | | |
| John rode 7.5 kilometers on his bike. His sister Sally rode for 1.5 hours at 2 m/s  on her bike. Who rode the farthest and how much farther did they ride (answer in km)? | | |
| How far can you run in 45 minutes if you run at 1.5 meters/second? | | |
| How long will it take to drive 50 miles if you are driving at 15 meters/second? | | |
| Walt grew 2 centimeters every month. He is now 1.6 m tall. How long did it take him to get that tall? | | |
| How far will a car go in 93 minutes if it is traveling at a rate of 62 mi/hr? | | |
| Peter is overweight. He is 105 kg. His aim is to lose 500 g per week. If he manages this, how many days will it be until he is 90 kg? | | |
| A student runs 2 meters/sec.  How many minutes will it take the student to run 1 mile? | | |
| What is the average speed of an object which moves 10 kilometers (km) in 30 minutes? Write your answer in miles/hour. | | |