### Standard Units | Metric Units
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**Conversions – Length**
1 yard (yd) = 3 feet (ft) = 36 inches (in) | 1 centimeter (cm) = 10 millimeters (mm)
1 mile (mi) = 1,760 yards (yd) = 5,280 feet (ft) | 1 meter (m) = 100 centimeters (cm)
1 kilometer (km) = 1,000 meters (m)

**Conversions – Volume**
1 cup = 8 fluid ounces (fl oz) | 1 liter (l) = 1,000 milliliters (ml)
1 pint (pt) = 2 cups | 1 liter (l) = 1,000 cubic centimeters (cm)
1 quart (qt) = 2 pints (pt) | 1 gallon (gal) = 4 quarts (qt)
1 gallon (gal) = 4 quarts (qt)

**Conversions – Weight/Mass**
1 pound (lb) = 16 ounces (oz) | 1 gram (g) = 1,000 milligrams (mg)
1 ton = 2,000 pounds (lb) | 1 kilogram (kg) = 1,000 grams (g)

### Grade Levels | Shape | Formula
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**Area**
6, 7, 8 | Triangle | \( A = \frac{1}{2}bh \)
6, 7, 8 | Rectangle | \( A = lw \)
6, 7, 8 | Parallelogram | \( A = bh \)
6, 7, 8 | Square | \( A = s^2 \)
7, 8 | Circle | \( A = \pi r^2 \)
7, 8 | Trapezoid | \( A = \frac{1}{2}h(b_1 + b_2) \)

**Volume**
6, 7, 8 | Prism or Cylinder | \( V = Bh \)

Note: The volume \( V \) of all prisms and cylinders is \( V=Bh \) where \( B \) is the area of the base and \( h \) is the height of the prism or cylinder.

7, 8 | Cone and Pyramid | \( V = \frac{1}{3}Bh \)

Note: The volume \( V \) of all cones or pyramids is \( V=Bh \) where \( B \) is the area of the base and \( h \) is the height of the cone or pyramid.

8 | Sphere | \( V = \frac{4}{3}\pi r^3 \)

**Additional Formulas**
7, 8 | Circumference | \( C = \pi d \)
8 | Pythagorean Theorem | \( c^2 = a^2 + b^2 \)
8 | Slope intercept | \( y - y_1 = m(x - x_1) \)
8 | Standard Linear form | \( Ax + By = C \)