5.8(C) demonstrate that Earth rotates on its axis once approximately every 24 hours causing the day/night cycle and the apparent movement of the Sun across the sky

Real World Scenario - You have no technology and need to find out which direction East is - You find a stick and put it in the ground upright. Mark where the end of the shadow is. Wait 15 minutes for the shadow to move - How can this help you determine which direction East is?