A MATCHSTICK SQUARE
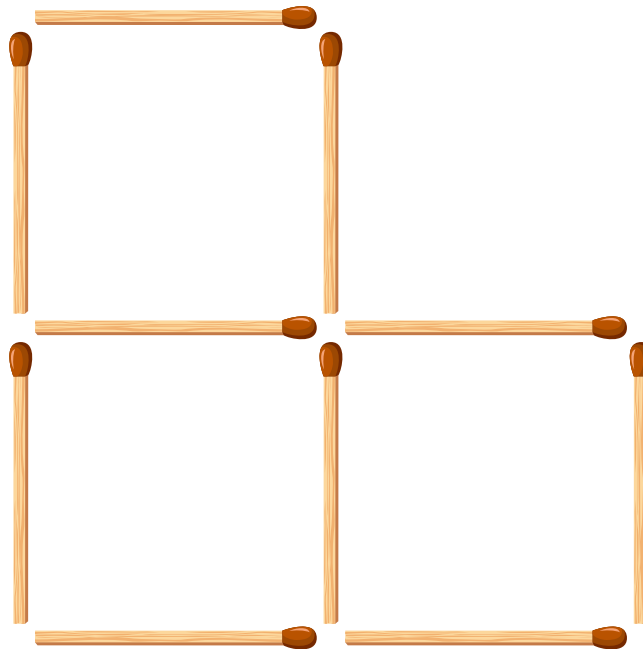
A square is a regular quadrilateral, which means that it has four equal sides and four equal 90-degree angles. Four matchsticks perfectly create one square. Adding three more matchsticks to an existing square results in one more square. The third square would also require three more matchsticks. In total 10 matchsticks to create three 1-unit squares.

GOAL

Can you move 2 matchsticks in this shape of three perfect squares so that to obtain the exact time of 3:00?