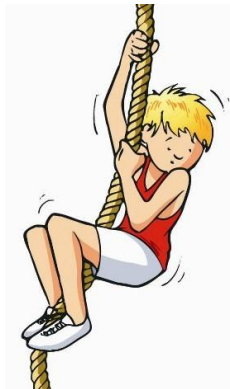


1 Forces

Activity 1

Forces can be either pushes or pulls.

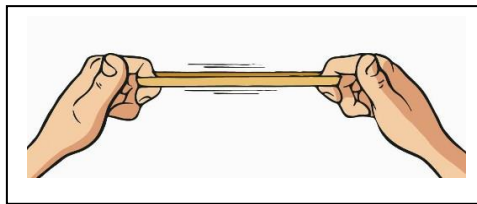
Look at the diagrams below and decide whether the force is a push or pull or both.



Activity 2

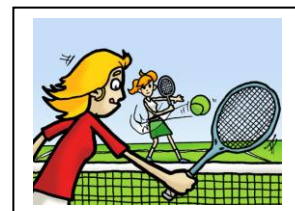
Forces can also make things change shape.

What force would you use to stretch an elastic band?



What force would you use when using a rolling pin to roll out pastry?

When a tennis player hits the tennis ball, what happens to the tennis ball?



Activity 3

Draw arrows to show the direction of the force on each of the following:



Challenge *Moving toys*

Collect some toys that move, for example a yo-yo, a skipping rope, a wind-up car, etc.
What forces are needed to make them move?

Can you explain to someone how they move?