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# FORCE & MOTION

## Practice Booklet



This Book Belongs To

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made by



# WHAT IS A FORCE?



It is a push or a pull.

*For example,*

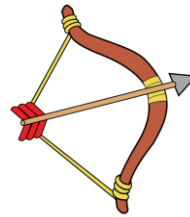
When the wind pushes a sailboat through the water.



Force makes things move, change their speed,



or change their shape.



Some force work when 2 things touch.

*For example,*

When a player kicks the football.



Other forces work from a distance.

*For example,*

magnets or gravity.



# WHAT IS MOTION?



It means to move from one place to another.



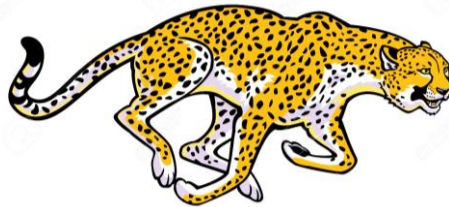
## **DISTANCE:**

The length of a line between the start and end of a motion.



## **SPEED:**

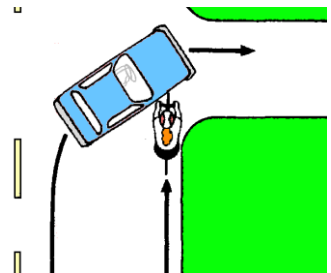
How fast an object is moving (fast - slow).



fast-moving = high speed  
(large distance in short amount of time).

## **ACCELERATION:**

Increasing or decreasing speed.



*For example,* When the car turns in the street.

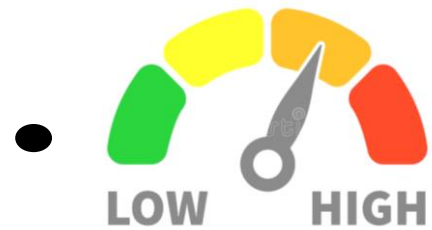


Match the word to the picture  
that shows its meaning.

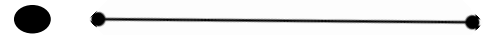
motion ●



acceleration ●



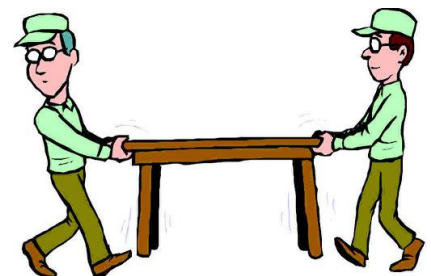
force ●



speed ●



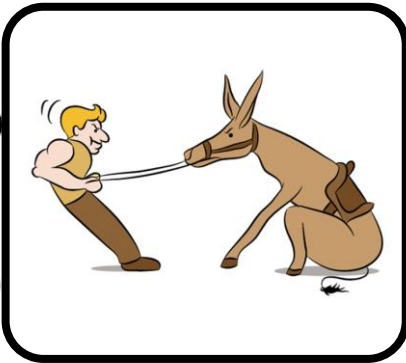
distance ●



Look at the pictures below and  
circle the correct kind of force.



# PUSH OR PULL



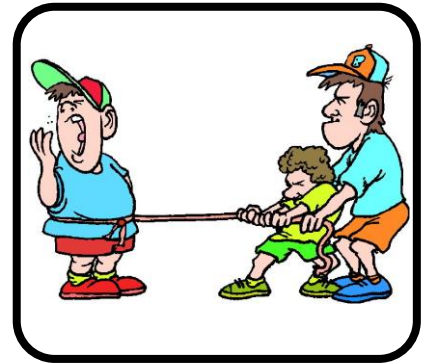
Push

Pull



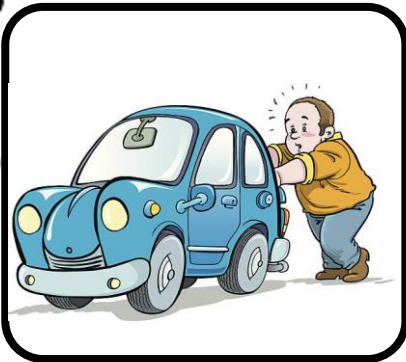
Push

Pull



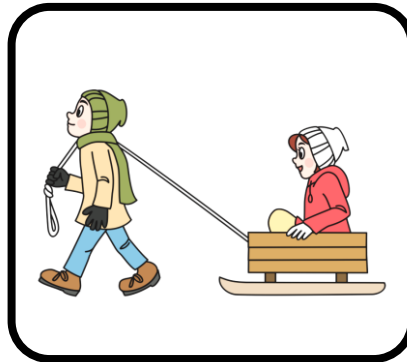
Push

Pull



Push

Pull



Push

Pull



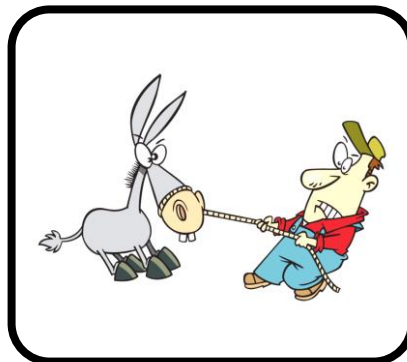
Push

Pull



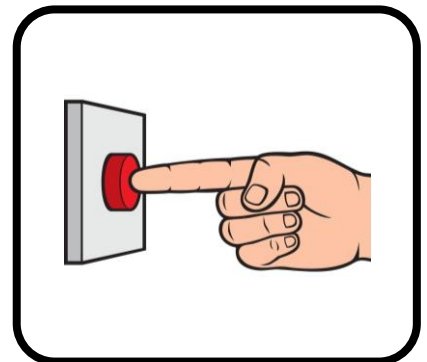
Push

Pull



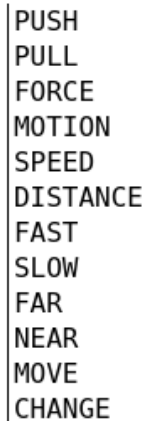
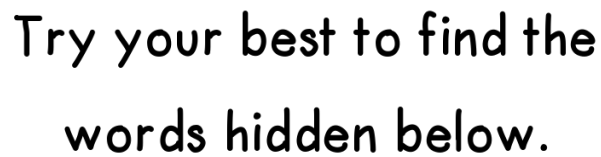
Push

Pull



Push

Pull



Trace the following words neatly then write their number next to the correct picture.

Force

Motion

Speed

Distance

# Acceleration





Cut out the pictures below then sort them according to kind of force (push - pull).



## Push

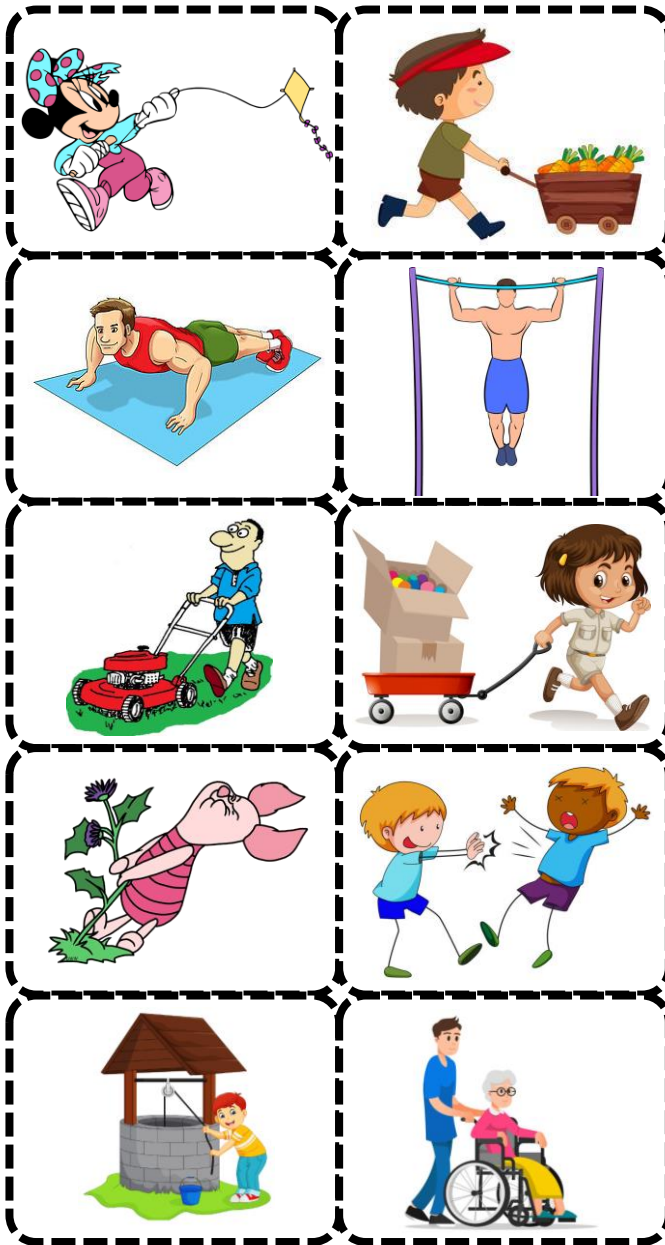


## Pull





Cut out the pictures below then sort them according to kind of force (push - pull).



Sort the pictures according to how fast they move.



# FAST OR SLOW





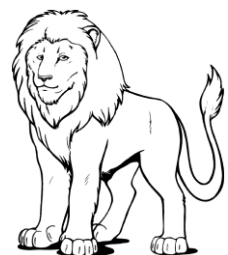
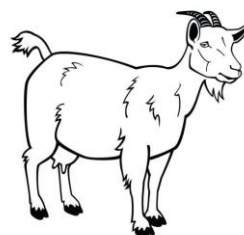
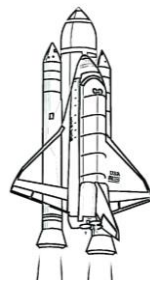
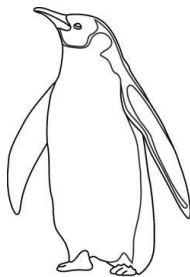
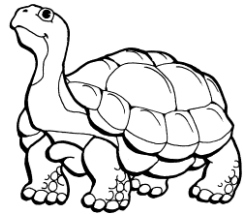
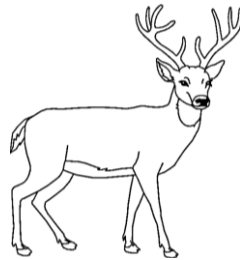
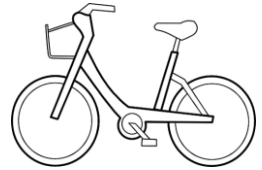
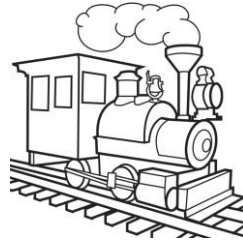
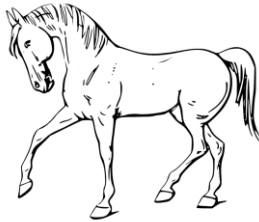
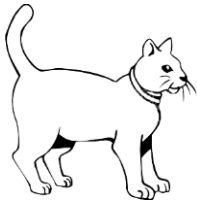
Cut out the pictures below then sort them



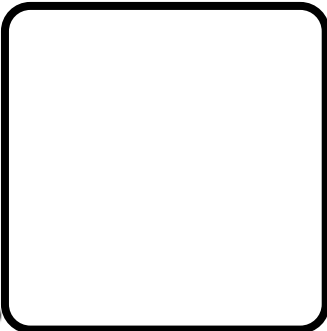
Look at the following then  
color the fast ones.



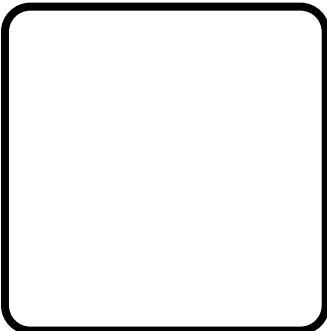
# WHO'S FASTER?!



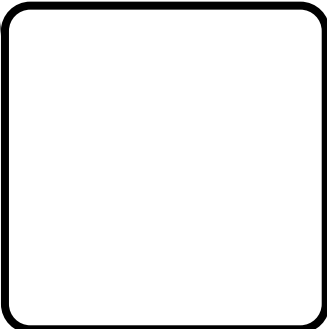
Cut out the pictures and words below  
and glue them next to the correct definition



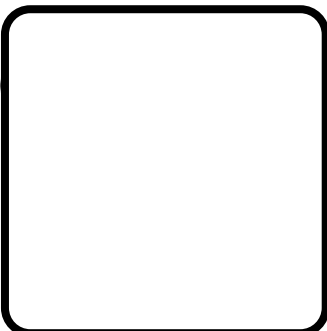
How fast an object  
is moving (fast - slow).



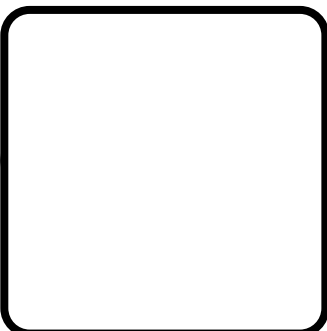
The length of a line  
between the start and  
end of a motion.



Increasing or  
decreasing speed.



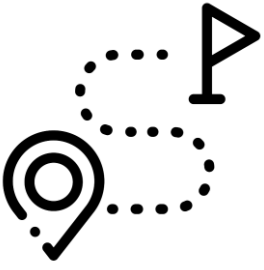

It is a push or a pull.



It means to move from  
one place to another.



Cut out the pictures and words below  
and glue them next to the correct definition

	Motion
	Acceleration
	Force
	Distance
	Speed
