



Lesson 1 - Wb 20/04/20

Forces – what are forces?

This half term we are looking at forces. A force is a push or pull that has an impact on an object. A force can cause an object to move, slow down, stop or change direction or shape.

By pushing something you are moving it further away. By pulling something you bring it closer to you. Think for a few minutes about objects you have pushed and pulled today. There are a lot of them!

Task 1:

Can you find anymore? Spend some time moving around the house. Try and spot the push and pull forces. Try opening a kitchen cupboard. Did you use a push or a pull force? What force do you use when press the buttons on your television remote?

Task 2:

Watch the short BBC Bitesize clip about forces and complete the interactive labelling activity found below.

<https://www.bbc.co.uk/bitesize/topics/zn77hyc/articles/zptckqt>



▶ Label the forces shown in the pictures.

