** Forces and Magnets: *Pushes and Pulls***

**What is a force?**

A force is a push or pull acting on an object as a result of the object's interaction with another object.

Forces can make objects stop or start moving.

*Have a look at this website. There is a fun video clip that explains what a force is and there is more information on the website:*

<https://www.bbc.co.uk/bitesize/topics/zvpp34j/articles/zywcrdm>

We use push and pull forces all of the time. For example when you walk through a door you either pull the door handle or push the door to open it!

Here are a few examples of when we use the two different forces.

**Task 1:**

Can you create your own freeze frame of a pull and a push force? For example, you could pretend to be pushing a trolley for a push force. You could even take pictures of your freeze frames if you like!



**Task 2:**

Cut out the pictures on the next page and sort them into ones that require a push force and ones that require a pull force.





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![C:\Users\Amy\AppData\Local\Microsoft\Windows\INetCache\IE\GSFKW12B\mommy-and-stroller[1].jpg]()

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