

# Pushing and Pulling Forces

Pushes and pulls are forces. You can make something start or stop moving when you push or pull it.

## Activity

Below are some pictures of children using pushing and pulling forces. Write down *push* or *pull* in the force box. Does the force cause something to start or stop moving? In the second box write *start* or *stop*.



1.

force:


2.

force:

3.

force:

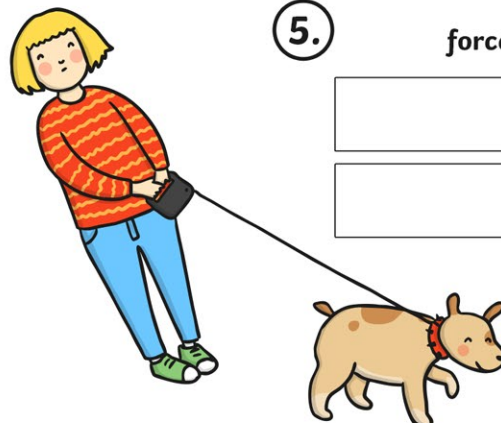

4.

force:


5.

force:

When you kick a football, what type of force do you use? Can you describe other sports or activities that involve pushing or pulling?



# Pushing and Pulling Forces **Answers**

1. push - start

2. pull -start

3. pull - start

4. push - start

5. pull - stop

Extension: push - start

Answers may vary.