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. [Image of children pushing and pulling]

2. [Image of children pushing and pulling]

3. [Image of children pushing and pulling]

4. [Image of children pushing and pulling]

5. [Image of children pushing and pulling]

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.