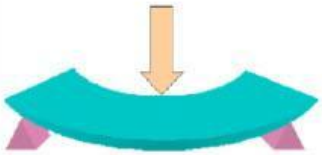
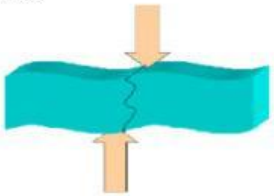
**Activity 2_Relate & complete in your owns words**

| | |
|---|---|
| Flexion | Stretching |
| Torsion | Crushing |
| Shear | Bending of parts |
| Compression | Twist |
| Traction | Cutting |

| Types of effort | Description | Examples |
|---|---|---|
| Compression  | | |
| Traction  | | |
| Torsion  | | |
| Flexion  | | |
| Shear  | Cutting | Cutting bread with a knife. |

LIVEWORKSHEETS