

# 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:

Start or Stop?



4. Force:

Start or Stop?



2. Force:

Start or Stop?



5. Force:

Start or Stop?



3. Force:

Start or Stop?



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

