Table 8.1 : Identifying Actions as Push or Pull

S. No.	Description of the situation	Action : (pushing/ pulling/picking/ hitting/lifting/ lowering/flying/ kicking/ throwing/shutting/ flicking)				Action can be grouped as a	
						Push	Pull
1.	Moving a book placed on a table	Pushing	Pulling	Lifting	—	Yes	Yes
2.	Opening or shutting a door						
3.	Drawing a bucket of water from a well						
4.	A football player taking a penalty kick						
5.	A cricket ball hit by a batsman						
6.	Moving a loaded cart						
7.	Opening a drawer						

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