

# FORCE AND MOVEMENT – QUIZ (35 ITEMS)

## A. MULTIPLE CHOICE (1–20)

Choose the letter of the correct answer.

1. What is force?
  - a. A type of object
  - b. A push or pull that makes an object move
  - c. A shape of an object
  - d. A material
2. Which action best describes a force?
  - a. Seeing
  - b. Hearing
  - c. Pushing
  - d. Resting
3. What happens when a force is applied to an object?
  - a. It always breaks
  - b. It can move or change shape
  - c. It disappears
  - d. It becomes heavier
4. Rigid objects are objects that \_\_\_\_\_.
  - a. change shape easily
  - b. are soft
  - c. are hard and do not change shape easily
  - d. are made of rubber
5. Which is an example of a rigid object?
  - a. Rubber band
  - b. Sponge
  - c. Wooden chair
  - d. Cloth
6. Soft objects are objects that \_\_\_\_\_.
  - a. cannot move
  - b. can easily change shape
  - c. are very heavy
  - d. cannot be pushed
7. Which material is considered flexible?
  - a. Glass
  - b. Stone
  - c. Fabric
  - d. Metal bar
8. Stretching usually happens in \_\_\_\_\_.
  - a. rigid materials
  - b. flexible materials
  - c. heavy objects
  - d. sharp objects

9. What force is used when you pull a rubber band to make it longer?
  - a. Bending
  - b. Twisting
  - c. Stretching
  - d. Squeezing
10. Bending happens when you \_\_\_\_\_.
  - a. break an object
  - b. push or pull an object to make it curve
  - c. throw an object
  - d. drop an object
11. Which action shows bending?
  - a. Twisting a bottle cap
  - b. Pressing clay
  - c. Curving a wire
  - d. Pulling a rope
12. Twisting happens when you turn something in a \_\_\_\_\_ motion.
  - a. straight
  - b. zigzag
  - c. circular
  - d. up and down
13. What force is applied when you open a jar lid?
  - a. Stretching
  - b. Twisting
  - c. Squeezing
  - d. Bending
14. Squeezing happens when you \_\_\_\_\_.
  - a. pull an object
  - b. press or push an object
  - c. spin an object
  - d. throw an object
15. Which action is an example of squeezing?
  - a. Twisting a towel
  - b. Pulling a rope
  - c. Pressing a sponge
  - d. Bending a stick
16. Pushing an object can cause it to \_\_\_\_\_.
  - a. disappear
  - b. move or change shape
  - c. become lighter
  - d. shrink instantly
17. Pulling an object may cause it to \_\_\_\_\_.
  - a. stretch or elongate
  - b. become rigid
  - c. stop moving
  - d. harden

18. Which force makes an object move toward you?
  - a. Pushing
  - b. Pulling
  - c. Squeezing
  - d. Twisting
19. Which force makes an object move away from you?
  - a. Pulling
  - b. Twisting
  - c. Pushing
  - d. Stretching
20. Which force involves pressing an object to make it smaller?
  - a. Bending
  - b. Twisting
  - c. Squeezing
  - d. Pulling

## **B. IDENTIFICATION (21–30)**

Write the correct answer.

21. A push or pull that makes an object move.
22. Objects that are hard and do not change shape easily.
23. Objects that can easily change shape when force is applied.
24. Force that happens in flexible materials like rubber or fabric.
25. Force that makes an object curve without breaking.
26. Force that involves turning an object around its center.
27. Force that happens when you press or push an object.
28. Force applied when an object is moved away from you.
29. Force applied when an object is moved toward you.
30. The force used when stretching a rubber band.

## **C. ENUMERATION (31–35)**

31–35. Enumerate the five forces that can change the shape of an object.

31. \_\_\_\_\_
32. \_\_\_\_\_
33. \_\_\_\_\_
34. \_\_\_\_\_
35. \_\_\_\_\_

