

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?

- Pushing
- Pulling
- Squeezing
- Twisting

19. Which force makes an object move away from you?

- Pulling
- Twisting
- Pushing
- Stretching

20. Which force involves pressing an object to make it smaller?

- Bending
- Twisting
- Squeezing
- Pulling

B. IDENTIFICATION (21–30)

Write the correct answer.

- A push or pull that makes an object move.
- Objects that are hard and do not change shape easily.
- Objects that can easily change shape when force is applied.
- Force that happens in flexible materials like rubber or fabric.
- Force that makes an object curve without breaking.
- Force that involves turning an object around its center.
- Force that happens when you press or push an object.
- Force applied when an object is moved away from you.
- Force applied when an object is moved toward you.
- 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. _____

