

Force & Motion

Motion is any change of position. To observe motion, an object's position must first be determined. **Position** is an object's place or location. If an object's position is changing, the object is in motion. If the object is still, it is at **rest**.



One way to describe the motion of an object is its speed. **Speed** is the measure of the distance an object moves in a given amount of time.



A **force** is a push, pull or lift of an object.



A force can start a motion, stop a motion or change direction of a motion. It can also change the speed of motion. If a force pushes an object in the same direction as the object's motion, the speed will increase. If it pushes in the opposite direction, the speed will decrease.

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