


# 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:

2. force:

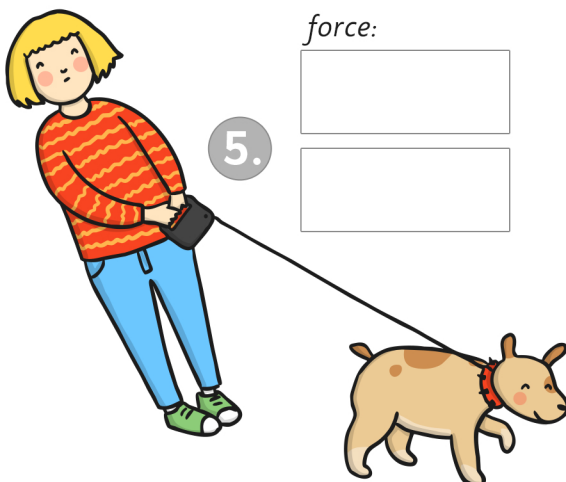
3. force:

4. force:




5. force:

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

