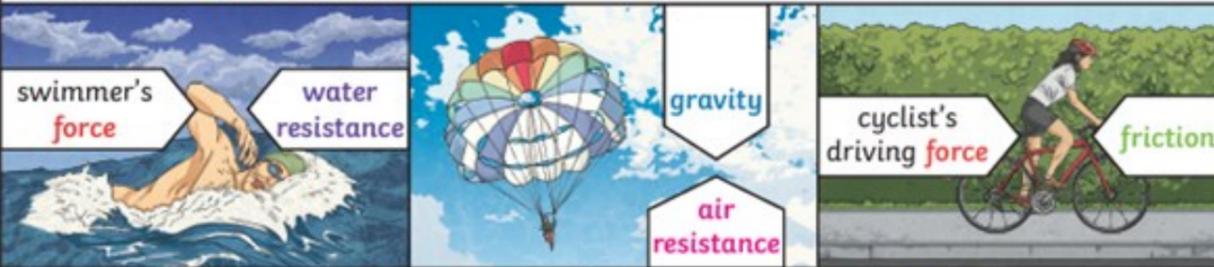


### Key Knowledge

Examples of **forces** in action:



**Water resistance** and **air resistance** are forms of **friction**. **Friction** is sometimes helpful and sometimes unhelpful. For example, **air resistance** is helpful as it stops the skydiver hitting the ground at high speed. **Friction** on a bike chain can make the bike harder to pedal so it is unhelpful.

### Isaac Newton

Isaac Newton is famously thought to have developed his theory of **gravity** when he saw an apple fall to the ground from an apple tree.

Vocabulary	
attract	If one object <b>attracts</b> another object, it causes the second object to move towards it
friction	the <b>resistance of motion</b> when one object rubs against another
force	the <b>pulling or pushing</b> effect that something has on something else
gear	a part of a machine that causes another part to move because of teeth which connect the two moving parts
gravity	the <b>force</b> which causes things to drop to the ground
lever	a basic tool used to lift or pry things open
motion	the activity of changing position or moving from one place to another
opposite	<b>Opposite</b> is used to describe things of the same kind which are completely different in a particular way. For example, north and south are <b>opposite</b> directions
pulley	a simple machine that makes lifting something easier. A pulley has a wheel or set of wheels with grooves that a rope or chain can be pulled over
repel	When a magnetic pole <b>repels</b> another magnetic pole, it gives out a <b>force</b> that pushes the other pole away
resistance	a <b>force</b> which slows down a moving object or vehicle
spring	a spiral of wire which returns to its original shape after it is pressed or pulled
streamlined	A <b>streamlined</b> vehicle, animal, or object has a shape that allows it to move quickly or efficiently through air or water
surface	the flat top part of something or the outside of it

### What will I know by the end of the unit?

**What are forces?**

- Forces are pushes and pulls.
- These forces change the **motion** of an object.
- They will make it start to move or speed up, slow it down or even make it stop.
- For example, when a cyclist pushes down on the pedals of a bike, it begins to move. The harder the cyclist pedals, the faster the bike moves.
- When the cyclist pulls the brakes, the bike slows down and eventually stops.
- Friction** is a **force** - it is the **resistance of motion** when one object rubs against another.

- Other forces that create **resistance of motion** include **water resistance** and **air resistance**.

**What is gravity and air resistance?**

- Gravity** is the **force** that pulls objects to the centre of the Earth.
- Air resistance** pushes up on the parachute, **opposing** the force of **gravity**. This makes the parachute land more slowly.

**What is water resistance?**

- Water resistance** is the **friction** that is created between water and an object that is moving through it.
- Some objects can move through water with less **resistance** if they are **streamlined**.

**What are examples of mechanisms?**

- Lever**:
- Pulley**:
- Gear**:
- Spring**:

- Levers** allow us to do heavy work with less effort. For example, trying to pick up a large heavy box is difficult, however if a **lever** is used it becomes much easier to move it.
- Pulleys** also allow us to do heavy work - objects are attached to ropes and **pulley** wheels, and so instead of lifting heavy object upwards, we can pull on the **pulley** rope downwards.
- Gears** are toothed wheels. Their 'teeth' can fit into each other so that when the first wheel turns, so does the next one. This allows **forces** to move across a **surface**.
- Springs** can be stretched by pulling them or squashed by pushing them. The greater the **force** pulling or pushing the **spring**, the greater the force the **spring** uses to move back to its normal shape.

### Pulleys

The **load** is the force being lifted

### Levers

A **lever** is a long beam that rests on a **fulcrum**.

The **fulcrum** is what the lever turns on.

### Gears

**Effort**      **Load**

**Gears** or cogs can be used to change the speed, force or direction of a motion.

**Effort** is the force needed to move a