

What should I already know?

- The shape of some materials can be changed when they are **stretched, twisted, bent** and **squashed**.
- Know how different toys move.

Vocabulary

bendy	an object that bends easily into a curved shape
force	the pulling or pushing effect that something has on something else
position	The position of someone or something is the place where they are in relation to other things
pull	When you pull something, you hold it firmly and use force in order to move it towards you or away from its previous position
push	When you push something, you use force to make it move away from you or away from its previous position
squash	pressed or crushed with such force that something loses its shape
stretchy	slightly elastic
twist	turn something to make a spiral shape

Investigate!

- Observe how different objects move when they are **pushed** or **pulled**.
- Make a list of every day activities that involve **pushing** or **pulling** objects (e.g. **pulling** a drawer open or **pushing** a pram.)
- Investigate the **forces** of **pushing** and **pulling** in PE.
- Observe how different toys move (e.g tricycles, water wheels, pull along toys).
- Draw diagrams to show how objects move when a **force** is applied to it. Use arrows to show the direction of the movement.
- Explain how the strength of the **force** determines how fast or how far something moves.

What will I know by the end of the unit?

How do objects move?

- Objects move when they are **pushed, pulled** or **twisted**. These are all **forces**.
- A **push** or **pull** can move an object start to move, or stop it from moving.
- A **push** or **pull** can make an object speed up or slow down.
- A **push** or **pull** can make an object change direction.
- A **push** can **squash** some materials, and a **pull** can **stretch** some materials.

What are examples of **pulling** forces?



rowing a boat



tug of war



archery



pulling a sledge



opening a drawer



slingshot

What are examples of **pushing** forces?



running



playing hockey



playing tennis



pushing a door closed



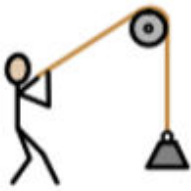


playing piano



pushing a pram

Question 1: Pushes and pulls are examples of.....	Start of unit:	End of unit:	Question 3: If you push play dough, the play dough will be...	Start of unit:	End of unit:
how to play			squashed		
forces			stretched		
how to use all toys			bent		
Question 2: The harder the force, the _____ and _____ an object will move. Tick the two words that can go in the gaps.	Start of unit:	End of unit:	Question 4: If you pull play dough, the play dough will be...	Start of unit:	End of unit:
further			squashed		
nearer			stretched		
faster			bent		
slower					

Question 5: Match these activities to the forces that are being applied.	Start of unit:	End of unit:
 opening a bottle	pull	
 kicking a football	push	
 using a pulley	twist	