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.

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

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 pushing forces?

- rowing a boat
- tug of war
- archery
- pulling a sledge
- opening a drawer
- slingshot
- running
- playing hockey
- playing tennis
- pushing a door closed
- playing piano
- pushing a pram

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.
Question 1: Pushes and pulls are examples of... 
- how to play
- forces
- how to use all toys

Question 2: The harder the force, the _______ and _______ an object will move. Tick the two words that can go in the gaps.
- further
- nearer
- faster
- slower

Question 3: If you push play dough, the play dough will be...
- squashed
- stretched
- bent

Question 4: If you pull play dough, the play dough will be...
- squashed
- stretched
- bent

Question 5: Match these activities to the forces that are being applied.

- opening a bottle  pull
- kicking a football  push
- using a pulley  twist