

SCIENCE · K – GRADE 1

Pushes and Pulls

Forces all around us

What's a force?

A FORCE is a push or a pull that makes things move, stop, or change direction. You use forces all the time without thinking — opening a door (pull), kicking a ball (push), squeezing toothpaste (push), zipping a coat (pull).

Sort each action — push or pull?

PUSH	PULL	

Cut out and sort: kicking a ball, opening a drawer, pressing a button, tugging a rope, swinging a bat, zipping a coat, shutting a door, lifting a bucket, stomping the floor, pulling on socks, throwing a ball, dragging a chair

Discuss

1. Can a force be both a push AND a pull at once?
2. What happens when two forces push each other (e.g. two hands pressing)?
3. Name a push you can do without touching anything. (Hint: think air or magnets)

