



Facts About Force

Think of how many times you push or pull things in a day. For example, maybe you push your little sister on a swing or pull a suitcase on wheels.



Push and Pull

When you push and pull things, you use **force**. Force moves something forward or backward. When something moves, it is called **motion**. Force causes motion.



Tug-of-War

In the game of tug-of-war, the force is pulling. Two teams pull on the ends of a rope. If the two teams are the same size and have the same strength, then no motion happens.

The same thing can happen with pushing. If two people (or animals) of the same weight and strength push against each other, neither will move. The forces are balanced.

In a game of tug-of-war, if one team has more or stronger people, that team usually can pull the other team forward. The losing team falls forward. And the bigger, stronger team usually wins.



