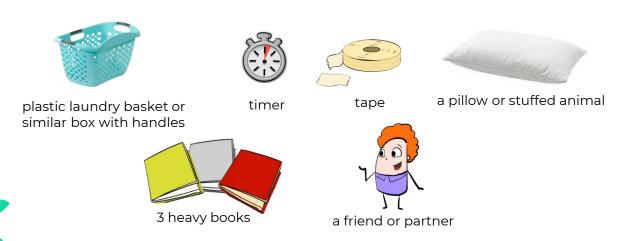
Name: Date:

Forces: pushes and pulls



Materials



Instructions

- 1. Use tape to mark a race course finish line around 30-40 feet long
- 2. Put the pillow or stuffed animal in the laundry basket
- **3.** From behind, push the basket from the start to finish line. Time how long it takes to cross the finish line
- 4. Next, pull the basket from the front. Time how long it takes to cross the finish line
- 5. Repeat steps 3 and 4, but remove the pillow and place the books in the laundry basket. Time how long each push and pull takes.
- **6.** Repeat steps 3 and 4, but remove the books and place your partner in the laundry basket. Time how long each push and pull takes.
- 7. Answer the questions on next page.

Forces: pushes and pulls

Which was more difficult, pushing or pulling?
Did you feel the push and pull forces?
Why is it more difficult to push and pull with a person than with a pillow?

Item	Push time	Pull time
Light (pillow)		
A second and and a second		
Medium (books)		
Heavy (person)		