



Provincial Department Of Education – Sabaragamuwa
WEEKLY SCHOOL

Subject : Science

Grade 7

Week : 07th of 3rd Term

Unit 16 – Force and Motion(2)

○ **Force**

Activity 16.2

Engage in the following activities. Copy table 16.3 in your notebook and mention whether the action done is a pull or a push.

Table 16.3 ▼

Action done	Is it a pull or a push
Pushing a table	Push
Drawing water from a well	Pull
Lifting a bag	
Riding a bicycle	
Turning a tap	
Hitting a ball	
Writing with a pen	
Brushing teeth with a tooth brush	
Erasing pencil lines drawn in a book	
Applying brakes of a bicycle	

Pulling or pushing is known as applying a force.

Activity 16.3

You will need :- Two similar size wooden blocks, a rubber band, a Newton spring balance

Method :-

- Place a wooden block on a table and pull it using a rubber band attached.
- Place the other wooden block on the first block and pull again using the same rubber band.
- When the motion starts the rubber band will stretch longer. That means the force applied later is larger.
- Repeat the activity using a Newton spring balance instead of the rubber band.
- Record the readings of the Newton balance in both occasions. The amount of force applied can be obtained numerically.

○ International unit of measuring force is

○ What are the various effects of using a force?

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