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| **Key Facts** |
| Pushes and pulls make objects move. |
| A push or a pull can make an object start moving or stop an object from moving. |
| A push or a pull can make an object speed up or slow down. |
| A push or a pull can make an object change direction. |
| A squash is a push and a stretch is a pull. Twists and bends are a combination of pushes and pulls. |

**Year 2 – Summer 2 – Forces**



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| **Pushes** |
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| **Pulls** |
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| **Pushes and Pulls** |
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| **Key Vocabulary** |
| **Push** | A way of moving something away from you. | **Balanced** | When the push and the pull are the same so there is no movement. |
| **Pull** | A way of moving something towards you. | **Unbalanced** | When the push and the pull are not the same so there is movement. |