



# Forces Progress Check

Name \_\_\_\_\_

Date \_\_\_\_\_

	Learning Outcomes	✓ 😊	? 😐	✗ 😞
	<i>I can state examples of everyday forces such as magnetism, gravity, friction and electrostatic forces.</i>			
	<i>I can use a Newton meter to measure forces and state that the units of force are Newtons (N)</i>			
L2	<i>I know that friction is a force that opposes movement</i>			
	<i>I can suggest everyday examples of where friction is desirable and undesirable and explain why.</i>			
	<i>I can describe efficient movement as that which requires the least possible energy</i>			
1	I can carry out experiments to investigate factors which affect friction			
2	I can explain how friction arises			
3	I can describe ways of reducing friction between solids used in everyday life such as lubrication and sanding surfaces.			
4	I can describe some everyday examples of objects being streamlined in order to reduce air resistance or drag.			
5	I can use my knowledge of friction/air resistance/drag to improve the design of a moving object.			
6	I can state that unbalanced forces can cause a change in direction, shape or speed of an object			
7	I can state that where forces are balanced there is no change in shape, speed or direction of an object			
8	I can mark arrows on a diagram to show the direction in which forces act			
9	I can draw force diagrams to show balanced forces			
10	I can draw force diagrams to show unbalanced forces			
11	*I can calculate the size and direction of resultant forces.			
12	I can state that the weight of an object is the force pulling it down due to gravity			
13	I can state that mass is the amount of matter an object is made up of and is measured in kg.			
14	I can carry out an experiment to find out the link between the mass of an object and its weight. ( $w = m \times g$ )			

15	I can state the value of gravity as 10 N/kg on earth			
16	I can explain why the value of gravity is different on other planets			
17	I can calculate the weight of objects on other planets			
18	I can state that an object that is further from the earth experiences reduced gravity.			
19	I can predict how my weight might be affected at different altitudes on earth.			
20	I can state that in deep space objects would be weightless			
21	I can describe how my weight would change if I travelled to each of the planets in our solar system and then entered deep space.			

In this topic I have successfully.....

To make further progress I should.....

Target: In the next topic I will.....