3.1 - Forces Introduction	
What is a force?	A push, pull or a twist.
What can a force do?	Change the <b>speed</b> , direction or <b>shape</b> of an object.
Units for Force	Newtons (unit symbol = N)
Measuring Force	Use a <b>Newton meter</b> (also called a force meter).
3.2 - Different Forces	
Friction	Acts between <b>two surfaces rubbing together</b> . Acts in the <b>opposite direction</b> to movement.
Air Resistance	Acts on all objects <b>moving</b> through <b>air</b> . Acts in the <b>opposite direction</b> to movement.
Weight or Gravitational Force	Force caused by <b>gravity</b> . <b>Pulls</b> all objects towards the <b>centre</b> of the <b>Earth</b> .
Upthrust	Acts upwards on floating objects.
Driving Force or Thrust	Force produced by an <b>engine</b> , which <b>moves</b> objects.
Support Force	Acts <b>upwards</b> on objects resting on <b>solid surfaces</b> e.g. the ground.
Water Resistance	Acts on all objects <b>moving</b> through <b>water</b> . Acts in the <b>opposite direction</b> to movement.
Tension	Pulling force in ropes and cables.
3.3 – Effects of Forces	
Resultant Force	Overall force acting on an object.
Stationary	Not moving (still).
Balanced Forces	Resultant force is zero. Forces cancel out. Cause no change in motion.
Unbalanced Forces	<b>Resultant force</b> is <b>not zero</b> . Forces do <b>not cancel</b> out. Cause a <b>change</b> in <b>motion.</b>
Interaction Pairs of Forces	<ul> <li>Forces come in pairs that:</li> <li>Are the same size.</li> <li>Act in opposite directions.</li> <li>Act on two different objects</li> </ul>

3.4 - The Solar System & Beyond	
Solar System	Made up of <b>8 planets</b> which <b>orbit</b> the <b>Sun</b> .
Planets (Closest to furthest from Sun)	Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune.
Pluto	Reclassified as a dwarf planet.
Sun	The <b>star</b> in the middle of our <b>solar system</b> .
Moon	A natural satellite that orbits a planet.
Galaxy	A collection of billions of stars.
Milky Way	Name of the <b>galaxy</b> that our <b>Sun</b> is in.
Proxima Centauri	Nearest star to our Sun. 4 light years away.
Andromeda	Nearest galaxy to the Milky Way galaxy.
Light Year	The distance light travels in one year.
Universe	Everything in <b>space</b> – made up of <b>billions</b> of <b>galaxies</b> .
3.5 - The Earth	
Day	Length of <b>time</b> a <b>planet</b> takes to make one full <b>spin</b> on its <b>axis</b> .
Length of Earth Day	24 hours
Daytime in the UK	When the UK faces towards the Sun.
Night-time in the UK	When the UK <b>faces away</b> from the <b>Sun</b> .
Year	Length of time a planet takes to orbit the Sun.
Length of Earth Year	365.25 days
Leap Years	Occur every <b>4 years</b> . February has an extra day.
Summer in UK	When the <b>northern hemisphere</b> is <b>tilted towards</b> the <b>sun</b> . Sun's <b>rays</b> more <b>concentrated</b> . Sun <b>high</b> in <b>sky</b> .
Winter in UK	When the <b>northern hemisphere</b> is <b>tilted away</b> from the <b>sun</b> . Sun's <b>rays</b> less <b>concentrated</b> . Sun <b>low</b> in <b>sky</b> .

Y7 Science Cycle 1 - Sheet 3

Forces & Space