7K Forces

Draw a ring around a number of stars for each statement. If you are very confident about a statement, draw your ring around all the stars. If you do not know anything about a statement do not draw a ring.

| Topic | At the end of the unit: |  |  |
| --- | --- | --- | --- |
| 7Ka |
|  | Recall that a force is a push or a pull. | UK NC, iLS, CEE | \* \* \* \* \* |
|  | Name and identify some different forces. | UK NC, iLS, CEE | \* \* \* \* \* |
|  | State the meanings of contact force, non-contact force, weight and mass. | UK NC, iLS, CEE | \* \* \* \* \* |
|  | Recall the effects of forces on an object. | UK NC, iLS, CEE | \* \* \* \* \* |
|  | Explain the difference between mass and weight. | UK NC, iLS, CEE | \* \* \* \* \* |
|  | Represent the size and direction of forces using arrows. | UK NC, iLS, CEE | \* \* \* \* \* |
| 7Kb |
|  | State the meanings of elastic and plastic. | UK NC, iLS, CEE | \* \* \* \* \* |
|  | Describe how the extension of a spring depends on the force applied. | UK NC, iLS, CEE | \* \* \* \* \* |
|  | Explain what is meant by elastic limit and limit of proportionality. | UK NC, iLS, CEE | \* \* \* \* \* |
| 7Kc |
|  | Describe some effects of friction, and explain how friction forces can be changed. | UK NC, iLS, CEE | \* \* \* \* \* |
|  | Identify situations in which friction is helpful or not helpful. | UK NC, iLS, CEE | \* \* \* \* \* |
|  | Describe the different ways in which friction forces can affect an object, and explain how they can be changed. | UK NC, iLS, CEE | \* \* \* \* \* |
| 7Kd |
|  | Calculate pressure and recall its units. | UK NC, iLS, CEE | \* \* \* \* \* |
|  | Describe the effects of high and low pressure in simple situations, and how the pressure can be changed. | UK NC, iLS, CEE | \* \* \* \* \* |
| 7Kd Working Scientifically |
|  | Use units in the SI system, including prefixes. | UK NC, iLS, CEE | \* \* \* \* \* |
|  | Explain why scientists use SI units. | UK NC, iLS, CEE | \* \* \* \* \* |
| 7Ke |
|  | Explain the effects of balanced and unbalanced forces in simple situations. | UK NC, iLS, CEE | \* \* \* \* \* |