

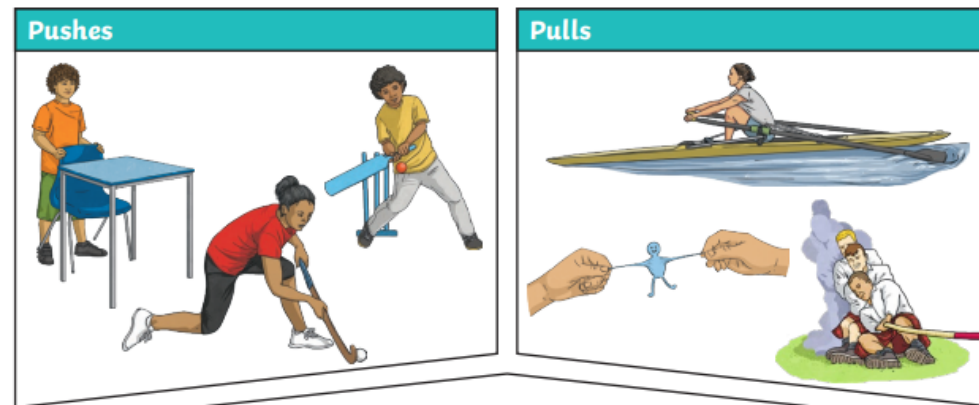


# Why do my hands get hot when I rub them together?

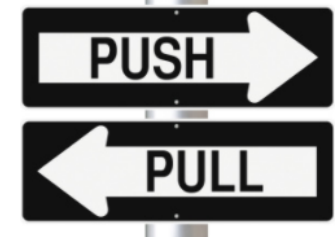
Word	Definition
Force	pushes or pulls
Push	to move an object away
Pull	to move an object closer
Friction	a force between two surfaces moving together
Act on (an object)	have an effect on
surface	the top layer of something

## Can I push or pull a lorry?

### Key Knowledge and Concepts



A force is a push or a pull acting on an object



**Forces** will change the motion of an object. They will either make it start to move, speed up, slow it down or even make it stop.

A force can change an object – eg twisting or squashing something

### Friction

When objects are pushed or pulled, an opposing force can be felt. This opposite force is called 'friction'. Friction causes things to slow down or stop. The grip on our shoes stops us slipping. Therefore, friction is great.

Ice-skates on an ice-rink will move for a long time because there is very little friction. The rougher the surfaces, the greater the friction.



This rubbing of two surfaces can release energy, causing heat. (Try rubbing your hands together!)