

# Forces in Action – Worksheet

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## Multiple Choice Questions

1. 1. What is gravity?
  - a) A type of speed
  - b) A force that pulls things upward
  - c) A force that pulls things toward the Earth
  - d) A type of energy
2. 2. Which of the following is an example of a balanced force?
  - a) A car speeding up
  - b) A ball falling
  - c) A book sitting on a table
  - d) A person jumping
3. 3. When forces are balanced, what happens to the object?
  - a) It moves faster
  - b) It starts to spin
  - c) It doesn't move or stays moving at the same speed
  - d) It breaks apart
4. 4. Which of these is an unbalanced force?
  - a) A chair staying still
  - b) A pencil lying on the floor
  - c) A child pushing a swing
  - d) A book resting on a shelf
5. 5. What does 'exert' mean?
  - a) To pull something down
  - b) To watch something
  - c) To apply force
  - d) To run fast
6. 6. In the text, what happens when a girl pushes a swing?
  - a) The swing breaks
  - b) The swing stays still
  - c) A balanced force acts on it
  - d) The swing moves

7. 7. Which of these words means 'not moving'?

- a) Balanced
- b) Stationary
- c) Unbalanced
- d) Gravity

8. 8. Which force pulls things down to Earth?

- a) Upward force
- b) Sideways force
- c) Gravity
- d) Friction

9. 9. What happens if unbalanced forces act on an object?

- a) The object changes direction or speed
- b) The object disappears
- c) The object stays still
- d) The forces cancel out

10. 10. What do you call the force when you push on something?

- a) Gravity
- b) Pull
- c) Friction
- d) Push

### True or False Questions

1. Gravity is a force that pulls things upward. (True / False)

2. When two forces are balanced, there is no movement. (True / False)

3. A book falling to the ground is an example of balanced forces. (True / False)

4. You exert an upward force when you lift your backpack. (True / False)

5. If you stop pushing a moving object, it will always keep moving forever. (True / False)