

What can forces do?

Forces can make things move. When you **exert a force** on a ball by blowing or rolling it, you make the ball move. Forces can also **speed up** moving objects.



Forces can also **slow down** moving objects or make them stop. When the ball rolls into the book, it stops moving. The book exerts a force on the ball to stop it.



Forces can **change the direction** in which an object moves. When you flick the ball from person to person, it changes direction each time. Each person exerts a force on the ball changes the direction of the ball's movement.



Forces can **change the shape** of an object. When you squeeze a ball, you exert a force on it. The force makes the ball change shape. Forces that change the movement or shape of an object are unbalanced forces.

