

# 7<sup>th</sup> grade Week 26 Newton & Speed

**“An object at rest tends to stay at rest-UNLESS a force acts on it”**

**“An object in motion tends to stay in motion-UNLESS a force acts on it”**

**LAW OF INERTIA**

**All matter has INERTIA  
(inner-sha)**

**Inertia is the resistance to  
motion or being stopped**

**Inertia depends on MASS**

**Example: A train takes  
longer to stop than a  
bicycle**

**Force = mass x  
acceleration**

**You use less force to  
move a paper clip than a  
chair**

### **Action-Reaction**

**For every action, there is an opposite and equal reaction.**

**The harder you push off the ground, the quicker you move**

# Calculating Speed

**The formula for speed is:  
Speed= distance/time**

**For example-**

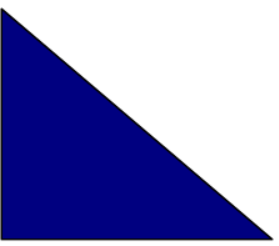
**A sprinter runs 100 meters  
in 10 seconds**

**Divide 100 into 10 and you  
get:**

**10 meters per second (m/s)**

# Calculating Speed

**Practice-**  
**Complete the practice**  
**sheet with your**  
**partner**  
**You have 7 minutes**



# Calculating Speed

**Practice-**

**Complete the practice  
sheet with your  
partner**

**You have 7 minutes**

