SOL 4.2 -- MOTION

SOL 4.2 Motion -- Key concepts:
   a. motion is described by an object’s direction and speed;
   b. changes in motion are related to force and mass;
   c. friction is a force that opposes motion; and
   d. moving objects have kinetic energy.

KINETIC AND POTENTIAL ENERGY

- Energy may exist in two states: kinetic or potential.
- Kinetic energy is the energy of motion.

FORCES

- A force is any push or pull that causes an object to move, stop, or change speed or direction.
- The greater the force, the greater the change in motion will be. The more massive an object, the less effect a given force will have on the object.
- Unless acted on by a force, objects in motion tend to stay in motion and objects at rest remain at rest.

FRICITION

- Friction is the resistance to motion created by two objects moving against each other.
- Friction creates heat.