

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Vocabulary**

In the space below write the definitions of force, Newton’s Third Law of Motion, force pairs, push and pull. It is okay if you don’t know the definition. Make your best guess or make up a silly definition for the words based on what it reminds you of or what it sounds like.

Word	Definition
Force	
Newton’s Third Law of Motion	
Force Pairs	
Push	
Pull	

**Let's Jump Rope!**

Grab a friend or two and a rope and go jump rope. Take turns jumping so you experience jumping and watching someone else jump. Think about the forces acting on your body while jumping rope. Use what you notice to answer the following questions:

- When you jump, what are you touching?
- When you jump, are you pushing or pulling anything?
- When you jump, what forces are pushing on you?
- When you jump, what can you do to go higher or stay closer to the ground?
- What directions do you move in as you jump?
- What directions does the jump rope move in as you jump?
- How does the movement of your friends who are holding the rope impact your jumping?
- What do you feel as you jump rope?

In the space below, write a narrative describing your observations of the forces acting on your body while jumping rope. Use as many of the vocabulary words on the first page as you can. Don't worry about if you are using the words correctly yet — you will have a chance to revise this writing again later.

What questions came to mind about forces acting on your body while jumping rope?  
Write them in the space below.