

Newton's 1st Law - the law of inertia

An object with no net force acting on it remains at rest or in uniform.

- Objects at rest tend to stay at rest.
- Objects in motion tend to move in a straight line at constant speed.

Inertia - A property of matter which resists changes in motion.

The best measure of an object's inertia is its mass.

Force - A push or pull.

Net forces cause the motion of an object to change.

Examples of Newton's 1st Law in Action:

When you're in a car brake
when you're turning in a car.

In the egg demonstration:

Why does the tray fly across the table? Force was applied toward the tray

Why do the cardboard cylinders go with it? The friction force

Why do the eggs drop straight down into the water? is acting like a glue.
The eggs drop straight down because of gravity.

Physics Challenge: Why doesn't a car in motion on a flat road stay in motion?

Friction forces, and air resistance.

Examples of Accelerated Motion:

Speeding up : slowing down : Starting :
Changing direction : Stopping : moving in a circle

Inertia resists acceleration.

A net force causes acceleration.

Newton's 2nd Law - the law of acceleration

When a net force is applied to an object the object will accelerate in the direction of that force.

Show What You Know:

1. A 2. C 3. C 4. B 5. D

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Table of Contents Note Taking Guide Episode 150key

1. Understanding the eBook Note Taking Guide Episode 150key
 - The Rise of Digital Reading Note Taking Guide Episode 150key
 - Advantages of eBooks Over Traditional Books
2. Identifying Note Taking Guide Episode 150key
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in a Note Taking Guide Episode 150key
 - User-Friendly Interface
4. Exploring eBook Recommendations from Note Taking Guide Episode 150key
 - Personalized Recommendations
 - Note Taking Guide Episode 150key User Reviews and Ratings
 - Note Taking Guide Episode 150key and Bestseller Lists
5. Accessing Note Taking Guide Episode 150key Free and Paid eBooks
 - Note Taking Guide Episode 150key Public Domain eBooks
 - Note Taking Guide Episode 150key eBook Subscription Services

- Note Taking Guide Episode 150key Budget-Friendly Options
- 6. Navigating Note Taking Guide Episode 150key eBook Formats
 - ePub, PDF, MOBI, and More
 - Note Taking Guide Episode 150key Compatibility with Devices
 - Note Taking Guide Episode 150key Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Note Taking Guide Episode 150key
 - Highlighting and Note-Taking Note Taking Guide Episode 150key
 - Interactive Elements Note Taking Guide Episode 150key
- 8. Staying Engaged with Note Taking Guide Episode 150key
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Note Taking Guide Episode 150key
- 9. Balancing eBooks and Physical Books Note Taking Guide Episode 150key
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Note Taking Guide Episode 150key
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Note Taking Guide Episode 150key
 - Setting Reading Goals Note Taking Guide Episode 150key
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Note Taking Guide Episode 150key
 - Fact-Checking eBook Content of Note Taking Guide Episode 150key
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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you are an employer or you control work at height for example facilities managers or building owners who may contract others to work at height the regulations apply to you employers and those in control of any work at

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