



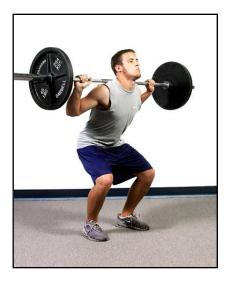
Name: _____

Date: _____

Look at the three pictures below. In the space below each picture:

- 1. Draw a line with an arrow to show the direction of the force that is being applied by the person doing the activity. Label the line "F" (for force).
- 2. Draw another line with an arrow to show the direction of movement that results from that application of force. Label this line "M" (for movement).

Remember that when you push one way, your body goes in the opposite direction (Newton's Third Law, also known as the Law of Action-Reaction).







Bonus: On the back of this worksheet, draw one activity that you do regularly. Indicate the direction of force and the direction of movement in the activity.

From *Fitness for Life: Middle School Teacher's Guide CD-ROM* by Guy C. Le Masurier, Dolly D. Lambdin, and Charles B. Corbin, 2007, Champaign, IL: Human Kinetics.