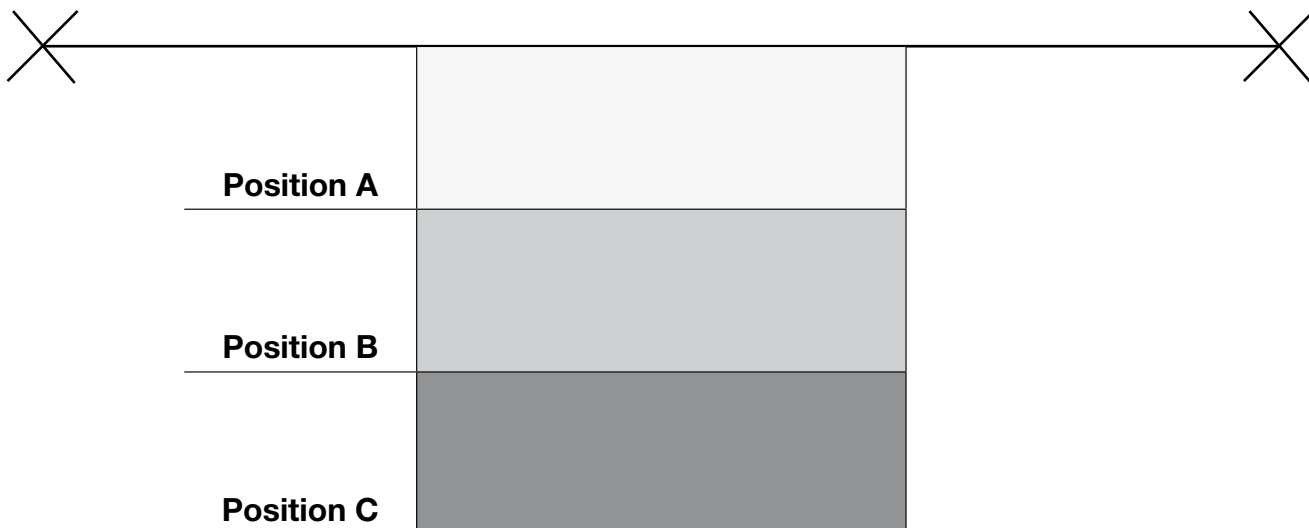


# Measuring forces

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

Other members of your team: \_\_\_\_\_



## Instructions

- Tape 'Measuring forces' (Resource sheet 2) onto a flat surface, for example a table.
- Two team members stand on either side of the 'Measuring forces' (Resource sheet 2) and hold either end of the cut elastic band and gently stretch it across the dark line on top of the position grid, placing each end on the 'X' at the ends of the dark line.
- The third team member places the matchbox on the grid, in the middle of the elastic band, with their thumb and index finger on either side of the matchbox, holding the elastic band in place.
- Gently pull the matchbox back so the side with the elastic band against it reaches 'Position A'. Let the matchbox go and measure the distance from 'Position A' to where the matchbox moves to using a length of streamer.
- Repeat each step for 'Position B' and 'Position C'.

