

# Motion



Racing  
Sailboats



Playing soccer

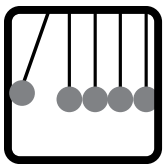


Drill



Ant

**Motion is change. Motion is energy.**



# Motion

## TEACHER

### Motion Is Energy

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Look around you. Many things are **moving**. They are in **motion**. Motion is a change in an object's position. Clouds drift across the sky. Leaves fall from trees. A car speeds by. Birds fly. Hearts pound. Bells ring. Babies cry. Plants grow and so do you. The Earth moves, the air moves, and so does every living thing.

All of this motion takes energy. Nothing can move without energy. Cars get their energy from gasoline. The clouds move because of energy in the wind. The wind gets its energy from the sun. So do growing plants. All of your energy comes from the sun, too.

### Discussion Questions

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1. Where do the things in the pictures (on page 12) get the energy to move?
2. What gives you the energy to move? (*The energy in the food you eat—which comes from the sun as plants absorb light.*)
3. What makes a ball roll down a hill? (*Gravitational potential energy—the force that pulls objects toward each other.*)

### Activities

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1. Have the students think of all the things moving within their bodies even when they are holding very still.
2. The forces of push, pull, and gravity are responsible for putting an object in motion. Take students to the playground. Have students identify the forces at work and types of motion as they play.