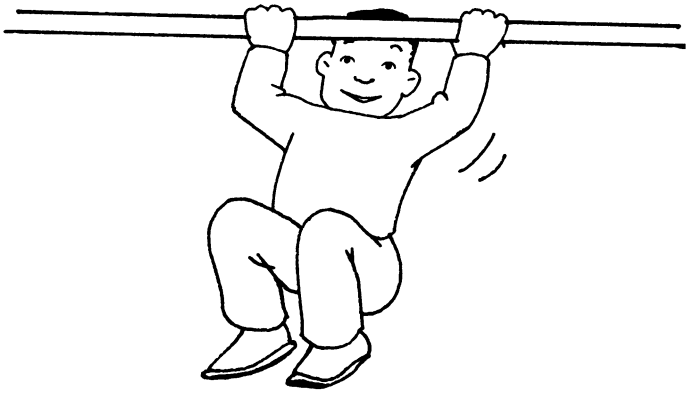
Name _____ Date _____

Science and Physical Education

Feel a Push or a Pull

Did you know that your body pushes and pulls every time it moves? Here are some ways to feel the pushes and pulls. Try these movements on the playground. Write which one was a **push** or a **pull.**

1. Do a chin-up.



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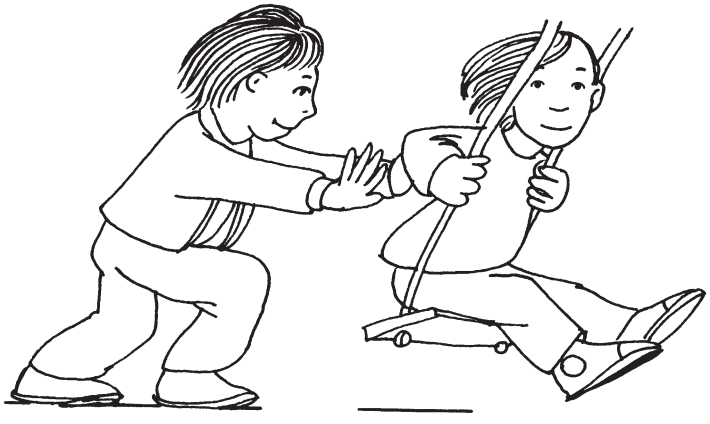
2. Move a partner on a swing.



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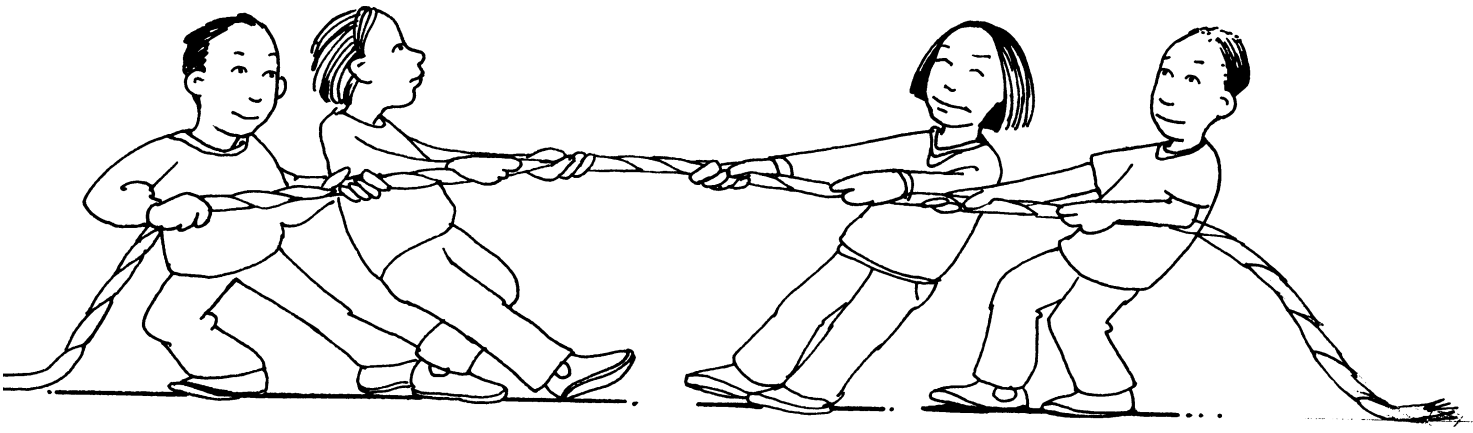
3. Play a game of tug of war.



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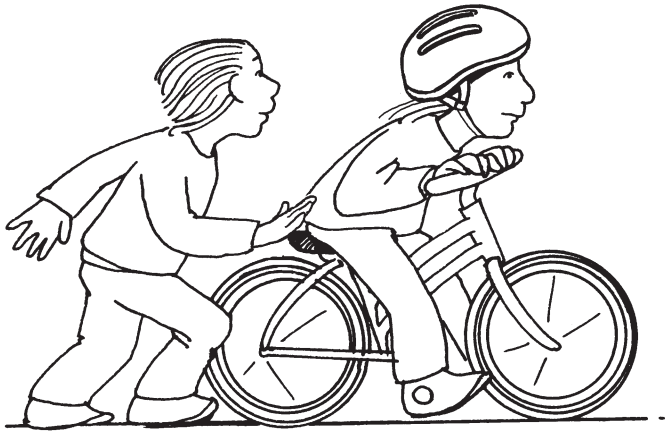
4. Give a friend a boost.



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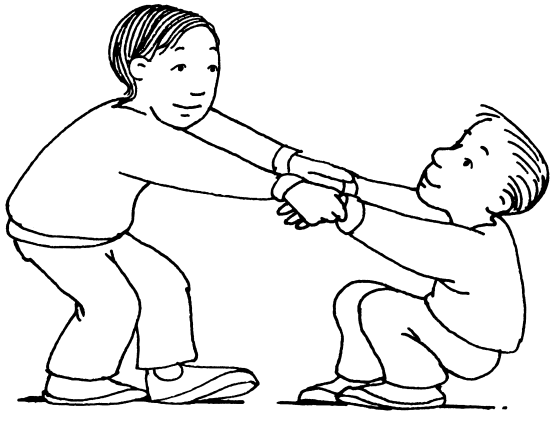
5. Help a friend stand up.



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