

# Friends of Longford Park

# Forces in the Play Area

## Lesson Plan

Approximate duration:	20 minutes
Suitable for:	Key Stage 1, 2
Learning objective:	To identify forces in the play area.
Overview:	For children who are beginning to study forces, introduce the concept of “pushing” and “pulling” as “forces”. Build on this by describing gravity as a force and identifying centrifugal force.
Location:	Play areas near the former Longford Hall and in the northern area of the park.
Materials required:	• Pens and paper
Session Plan:	Illustrate “pushing” and “pulling”.  Give children a specified period of time to identify as many examples as possible of “pushing” and “pulling” forces in the playground by using equipment and observing others. Encourage children to think about objects around the playground, such as the entry gate, as well as the equipment.
Extension activity:	Which items of playground equipment exploit the force of gravity?  Which items create centrifugal force?  Equipment that exploits the force of gravity could include swings and seesaws. Roundabouts and swings create centrifugal force.

