

# Forces Checklist

You need to be able to

- name lots of forces
- name seven things that forces can do
- know the units of Force
- understand the difference between contact and non-contact forces and give examples of each
- Understand the terms balanced forces and resultant force
- Calculate the resultant force when there are several forces acting on an object
- Describe what happens to an object when a resultant force acts on it
- Understand that if the forces are balanced, the resultant force is zero