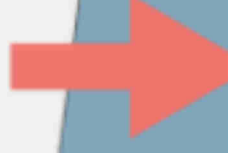
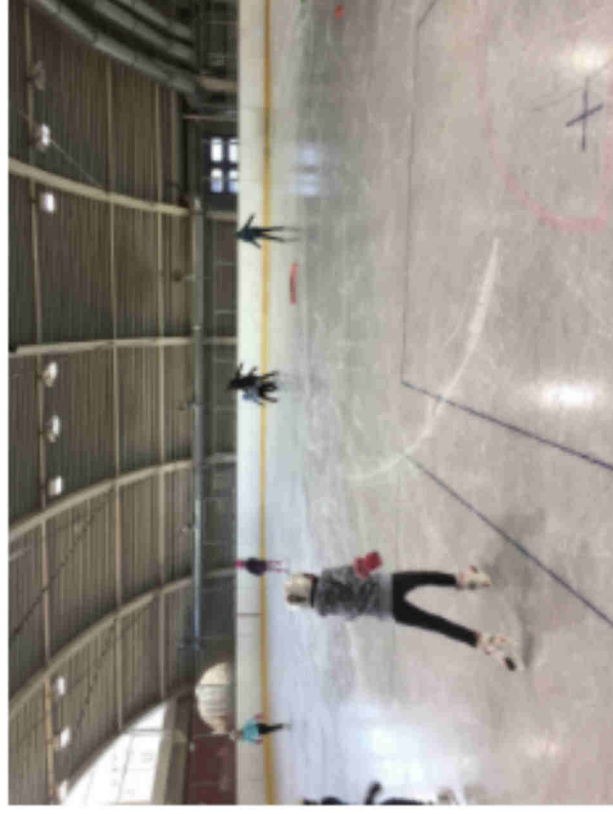


FORCES: HOW THE WORLD WORKS



FORCES AND ICE-SKATING



When you ice-skate you glide on ice smoothly because there is less friction on ice than on land.

To start you have to push on the ice with your ice-skates to go forward.

To do the fishies you have to push out and then to push back in but not back word but forwards creating an oval motion and you will start to move forward.

To do the stork you start skating forward, then you lift one of your feet and balance on the other foot.