Vocabulary for Balance and Motion

Direction- the course an object takes

* The storm moved in a northerly direction.

Fast- moving quickly or at a quick speed

* The fast horse won the race.

Slow- moving with little speed

* The car was moving slow because of traffic.

Force- a push or a pull

* He used all his force to open the window.

Push- to press on or against an object

* I had to push the door open.

Pull- to lug something toward you

* My dad had to pull my sled up the big hill.

Up- to move to a higher place

* I climbed up to the top of the ladder.

Down- to move to a lower place

* I hiked down to get to the bottom of the mountain.

Sideways- moving toward one side

* My sister was walking sideways because she was dizzy.