

# 1E PUSHES AND PULLS

## Glossary

**movement** – there are different ways of moving  
**twist, spin, swing, slide, swerve, hop, jump, turn**

**push, pull** – I can make something move by giving it a **push** or a **pull**



You **slide** down a slide.



You **twist** your body to play Twister



You can **swing** on this seat!

A car is **faster** than a bike.



The bike is **slower** than the car.



Which of these do you **push** and which do you **pull**?

