

### Physics Unit "I Can..." Statements - Motion and Forces

**Directions:** Check the statements below only when you feel you can confidently do what it says. Use this paper as a guide for understanding what we will study in 7th grade science.

**7.P.1 Understand motion, the effects of forces on motion and the graphical representations of motion.**

**7.P.1.1** Explain how the motion of an object can be described by its position, direction of motion, and speed with respect to some other object.

1. \_\_\_\_\_ I can explain how the motion of an object can be described by its position, direction of motion, and speed with respect to some other object.
2. \_\_\_\_\_ I can describe how an object changes position over time in relation to a reference point
3. What learning activities have we done to learn this standard (assignments, labs, demonstrations, etc.)?

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4. What have you done outside of class to reinforce learning this standard outside of school?

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5. Draw a diagram, picture, graphic, or icon to help you remember these concepts.

**7.P.1.2** Explain the effects of balanced and unbalanced forces acting on an object (including friction, gravity, and magnets).

1. \_\_\_\_\_ I can analyze the effects of forces acting on objects.
2. \_\_\_\_\_ I can explain the effects of balanced and unbalanced forces acting on an object (including friction, gravity, and magnets).
3. What learning activities have we done to learn this standard (assignments, labs, demonstrations, etc.)?

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4. What have you done outside of class to reinforce learning this standard outside of school?

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5. Draw a diagram, picture, graphic, or icon to help you remember these concepts.

**7.P.1.3** Illustrate the motion of an object using a graph to show a change in position over a period of time.

1. \_\_\_\_\_ I can illustrate the motion of an object using a graph to show a change in position over a period of time.
2. \_\_\_\_\_ I can collect data and use the information to graph change in position over time.
3. What learning activities have we done to learn this standard (assignments, labs, demonstrations, etc.)?

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4. What have you done outside of class to reinforce learning this standard outside of school?

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5. Draw a diagram, picture, graphic, or icon to help you remember these concepts.

**7.P.1.4** Interpret distance versus time graphs for constant speed and variable motion.

1. \_\_\_\_\_ I can interpret distance - time graphs for constant speed and variable motion.
2. What learning activities have we done to learn this standard (assignments, labs, demonstrations, etc.)?

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3. What have you done outside of class to reinforce learning this standard outside of school?

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4. Draw a diagram, picture, graphic, or icon to help you remember these concepts.