

L1 Types of forces

Video: [What is Force? | Contact Force and Non-Contact Force | Science Lesson \(youtube.com\)](#)

BBC Bitesize: [Introduction to forces - Forces and movement - KS3 Physics - BBC Bitesize](#)

L2 Squashing and stretching

Video: [Squashing and Stretching \(Hooke's Law\) \(youtube.com\)](#)

BBC Bitesize: [Hooke's law - Forces and movement - KS3 Physics - BBC Bitesize](#)

L3 Drag forces and friction

Video: [Friction and Drag Forces \(youtube.com\)](#)

BBC Bitesize: [Friction - Forces and movement - KS3 Physics - BBC Bitesize](#)

L4 Non-contact forces - weight

Video: [Why you weigh more on Jupiter | Physics - Bitesize Space Science - YouTube](#)

BBC Bitesize: [Weight and mass - Forces and movement - KS3 Physics - BBC Bitesize](#)

L5 Balanced and unbalanced forces

Video: [What are Balanced & Unbalanced Forces | Laws of Motion Physics - YouTube](#)

BBC Bitesize: [Force diagrams and resultant forces - Forces and movement - KS3 Physics - BBC Bitesize](#)