

# Forces and Motion

You need your kinematics sheet!

# Newton's Second Law

$$F = ma$$

You push a 2 kg box with a force of 300 N. What is the acceleration?

You push this box over 9 m. How long did it take you to do this?

A 60 kg person accelerates from rest to 7 m/s in 6 seconds. What is the acceleration and the force needed to accelerate?