

What is MOTION?

* An object is in motion when its distance from another object is changing

* A Reference Point is a place or object used for comparison to determine if something is in motion

* An object is in motion if it changes position relative to a reference point

* Motion follows natural laws as described by Isaac Newton (3 Laws)

* Motion is described by:

- Distance
- Displacement
- Time
- Speed
- Velocity
- Acceleration
- Momentum
- Force