

# Biomechanics (Newton's Law)

**Description:** Newton's First Law states that an object will not change its motion unless a force acts on it.

**Activity:** Build your own catapult to observe Newton's First Law using these materials:

**7 craft sticks | 3 rubber bands | a milk cap | cotton balls {or other objects to launch}**

**Step 1:** Stack 5 craft sticks together, and rubber band the ends.

**Step 2:** Stack 2 craft sticks together, and wrap a rubber band around the very end.

**Step 3:** Separate the 2 craft sticks. Place the stack of 5 craft sticks between the 2 craft sticks.

**Step 4:** Wrap a rubber band around all of the craft sticks to hold the catapult together.

**Step 5:** Glue a milk cap {or something similar} on to serve as a launching platform

## LAUNCH AN OBJECT WITH THE POPSICLE STICK CATAPULT

Push down on the top craft stick and release to launch an object from the milk cap.

