

# VIDYA BHAWAN BALIKA VIDYAPEETH

## STUDY MATERIAL SCIENCE CLASS-VII

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### ▸ 13. MOTION & TIME

In our daily life routine, we usually see some objects at rest and others in motion like birds fly, fish swimming, planets moving around the sun, etc., are all in motion.

When the position of a car changes with time, we say that the car is moving or the car is in motion. So,

The **motion** is the change in position of an object with respect to its surroundings in a given interval of time.

#### ▸ Types of motion :

There are four types of motion :

#### **1. Rectilinear motion :**

The motion possessed by the body moving along a straight line path, is called rectilinear motion.

**e.g.** the motion of a train on a straight bridge.

#### **2. Circular motion :**

The motion possessed by a body when it moves along a circular path, is called circular motion.

**e.g.** motion of the earth around the sun in a circular orbit.

#### **3. Rotational motion :**

The motion possessed by a body when it spins about a fixed axis, is called rotational motion,

**e.g.** the motion of the earth about its axis, spinning top, the motion of blades of a fan.

#### **4. Periodic motion :**

The motion which repeats itself after regular intervals of time, is called periodic motion,

**e.g.** the to and fro motion of a simple pendulum.

#### **▸ ASSIGNMENT :**

1. What is motion. Give some examples of object in motion.
2. Define the four types of motion. Write an example of each.