

Chapter 04

Motion and Time

Summary:

- Motion is a common phenomenon of object changing its position.
- Rest and motion are two states of objects.
- An object said to be in motion if it changes its position. It said to be in rest if it does not changes its position with respect to time.
- Rest and motion are relative.
- Mainly there are three types of motion namely translatory motion, rotatory motion and oscillatory motion.
- Slow and fast motion explained with the help of speed and time.
- The basic unit of time is second. Time expressed in units like seconds, minute and hour.
- Time is measured with the help of instruments like digital clocks, stopwatches etc.
- The distance covered per unit time is speed.
- Speedometer, help us to know the speed of a vehicle.
- S.I unit of speed is meters per second or m/sec.
- Commonly used unit of speed is kilometer per hour (kmph or km/h).