**Newton’s 1st Law**

An object will stay still or move at constant speed in a constant direction unless an external force acts on it.

**Newton's First Law: Inertia**

<http://studyjams.scholastic.com/studyjams/jams/science/forces-and-motion/inertia.htm>

Make sure to **test yourself** after watching the video! How did you do?

**Newtons First Law Science of NFL Football**

<https://www.youtube.com/watch?v=08BFCZJDn9w>

What did you learn?

1. In football we see unbalanced forces when one player exerts an unbalanced force (hits) on another player and causes that player to\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. In physics, a player’s natural resistance to an unbalanced force is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. If a player has more mass they will also have more\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Other sports videos** on Newton’s Laws (all) of motion:

<https://www.youtube.com/watch?v=MAm6LOUnJ80>

<https://www.youtube.com/watch?v=LYWNgodmsqg>

**Other videos:**

Legos Newton’s laws (all) :

<https://www.youtube.com/watch?v=vVd1tezgVK8>

**Newton’s Laws (all) songs:**

<https://www.youtube.com/watch?v=kn_UMUASYpY>

<https://www.youtube.com/watch?v=XQwLk18yhm8>