



# Going faster

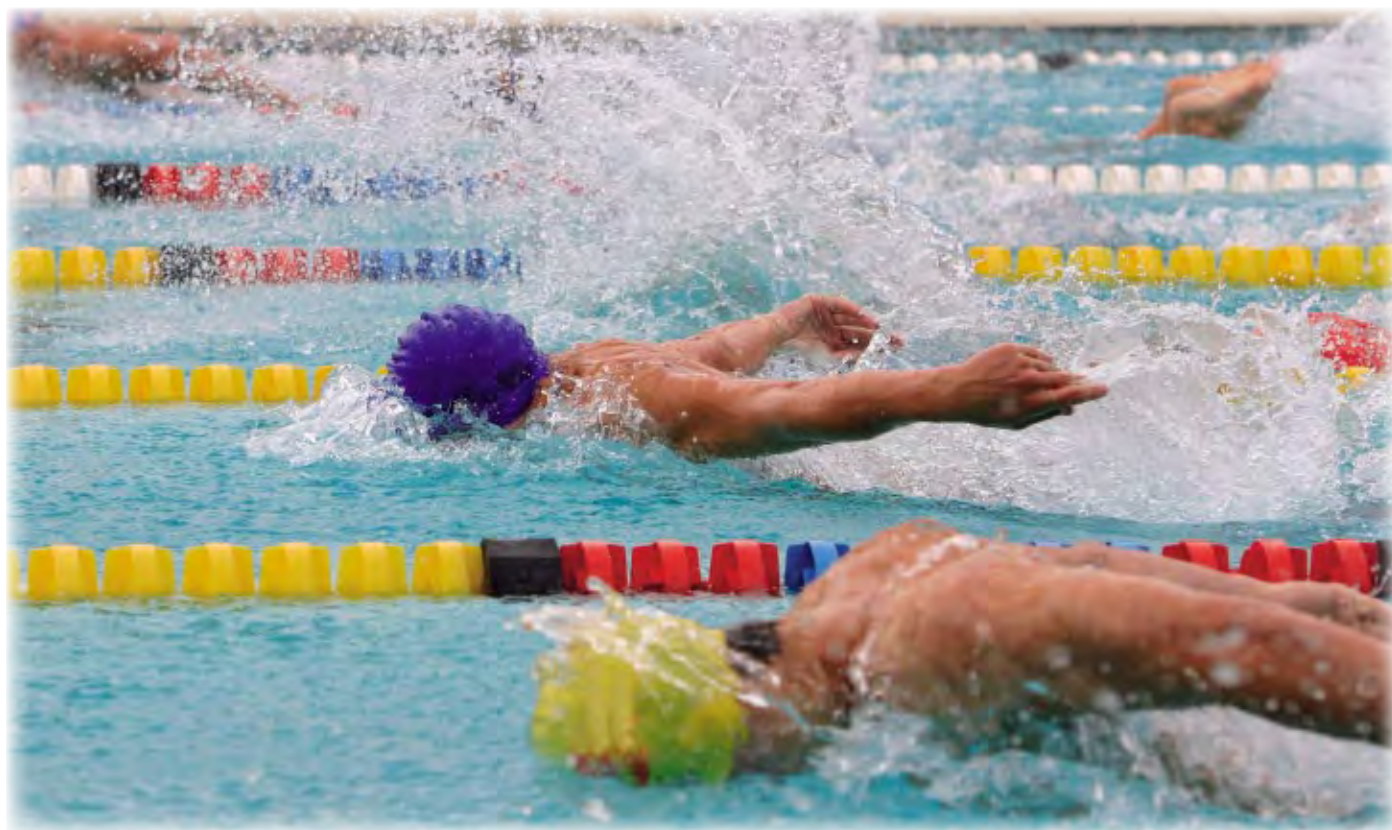
We can make ourselves move faster.  
This is called acceleration.

If you want to go faster, you have to put in more effort, that is more push or more pull. To run faster you can take more steps a minute. You can also take more powerful steps. Of course, you can also do both at the same time.

Swimmers push harder against the water and try to do more strokes to the minute.



Racing cyclists go faster by pushing harder on the pedals and so peddling more times a minute.







You can make a rowing boat travel faster by moving the oars more quickly.



**How do you win a sack race?**