Theme: Matter and energy

Topic: Simple machines and friction

Read and spell

- static
- sliding
- viscosity
- friction

Friction

Friction is the force which opposes motion between two surfaces in contact.

Lesson 1

Types of friction

1. Static friction

This is a type of friction that occurs between two objects which are fixed in one place.

2. Rolling/sliding friction

This is a type of friction which occurs between objects in motion.

3. Viscosity friction

This is the type of friction which occurs in liquids and gases.

Properties of friction

- There is more friction with rough surfaces than with smooth surfaces.
- Increase in load increases friction over a surface.
- Whenever friction occurs, heat is produced.

Activity

١.	. Give a reason why inchorn opposes molion.	
2.	Why do fixed objects tend to resist movement when pushed for first times?	the
3.	State a reason why there is more friction on tarmac roads than murram roads.	ı on

4. Mention any two properties of friction.

(i) ______ (ii)

5. Why do you think increase in load increases friction over a surface?

©2024 SBM 1 | Page

Read and spell

Lesson 2

- matter
- sharpening
- tear
- nuisance

Effects of friction on matter

<u>Advantages</u>

- It helps in movement
- It helps in stopping moving objects
- It helps in sharpening tools
- It helps in writing
- It helps in climbing mountains and trees

Disadvantages (friction as a nuisance force)

- It causes wearing of objects like tyres, shoe soles, clothes
- It causes tear and wear in some parts of machines
- It wastes a lot of energy (makes work difficult) since it opposes movements.
- It causes unnecessary noise
- It produces unnecessary heat.

Activity

1. How is friction he	elpful to a P.7	candidate durin	g exams?
-----------------------	-----------------	-----------------	----------

2.	What would	happen to	а	person	climbing	а	tree	if	there	was	no
	friction?				_						

2	Ctorto	01000111011	, friation	10 1/00	, ;,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	art a.a.t 1		formo or	
3.	State	one way	y friction	is ver	y imp	ortant t	to a	tarmer.	

- 4. What causes clothes to wear and start tearing faster at the bottom?
- 5. Mention any two disadvantages of friction.
- (i)_

Read and spell

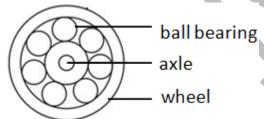
Lesson 3

- ball bearings
- streamlining
- lubricating
- roller

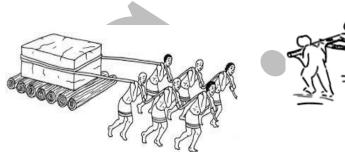
Ways of reducing friction

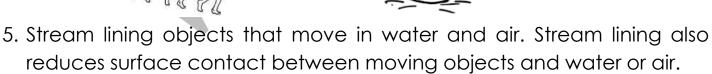
- 1. By making rough surfaces smooth
- 2. By lubricating moving parts of machines
- 3. Using ball bearings. This helps to keep moving parts of a machine separated.





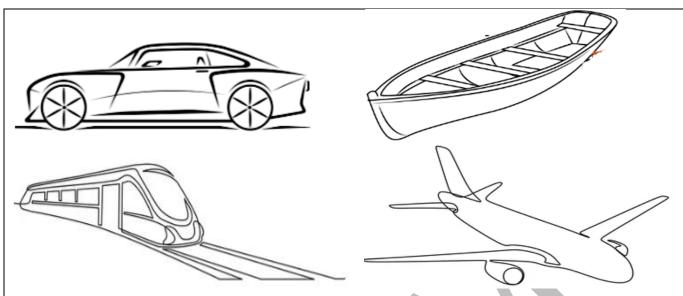
4. Using rollers. This helps to reduce surface contact between moving objects.





Illustrations

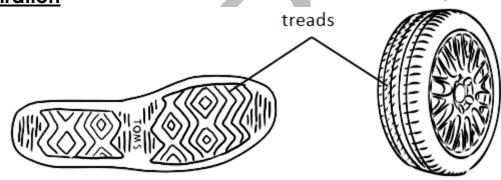
©2024 SBM 3 | Page



Ways of increasing friction

- 1. Making smooth surfaces rough.
- 2. Increasing weight of a moving body.
- 3. Adding more treads on shoe soles and vehicle tyres.

Illustration



4. Putting spikes on sports boots.

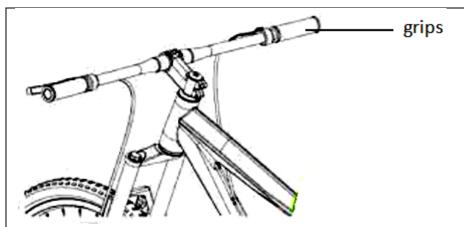
Illustration



5. Putting grips on bicycle handles.

Illustration

©2024 SBM 4 | Page



Activity

- 1. How does the use of grease on moving parts of machines reduce friction?
- 2. Why do you think friction is more on rough surfaces than smooth surfaces?
- 3. Jonathan poured oil on his bicycle rim before riding away from home. What problem do you think he is likely to face on the way?
- 4. Name one item that is made with rollers as a way of protecting it from the bad effects of friction when moving it.
- 5. How does streamlining objects help to reduce friction?

Read and spell

Lesson 4

- levers
- inclined plane
- screws
- pulleys

Machines

Machines are devices which simplify man's work.

Types of machines

(a) Complex machines:

These are machines which are made up of many parts and they require

©2024 SBM 5 | Page

training in order to use them e.g. sewing machines, tractor, bicycle etc.

(b) Simple machines:

These are machines which are made up of few parts and they do not require training in order to use them e.g. spanner, knife, pair of scissors etc

Types of simple machines

- levers
- wedges
- screws
- inclined plane
- wheel and axle
- pulleys

pivot

Advantages of using machines

- Machines simplify work by reducing the effort required
- They increase speed of work
- They make work convenient

<u>Activity</u>		
1. Which class of simple machines would be very useful to a wants to cook matoke?	a person v	vho
2. State one way in which machines simplify work.		
 3. Identify two challenges that would be faced if the machines to simplify work. i) ii) 	ere were	no
4. Write down any two examples of complex machines. i)ii)		
5. How are complex machines different from simple machin	 	
Read and spell - load arm	Lesson 5	-]
- effort arm		

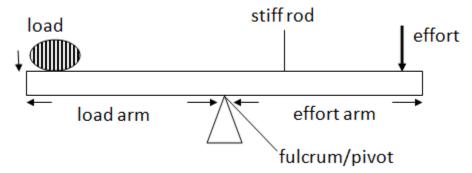
©2024 SBM 6 | Page

- over-come

Levers

A lever is a stiff rod that turns on a fixed point called pivot.

Parts of a lever



- (a) Load is the force to be overcome.
- (b) Effort is the force applied to overcome the load.
- (c) Load arm is the distance from the fulcrum to the position where the load is placed.
- (d) Effort arm is the distance from the fulcrum to the position where the effort is applied.
- (e) Pivot (fulcrum) is a turning point of a machine

1. What name is given to the turning point of a machine?

Classes of levers

The classes of levers depend on the position of load, effort and fulcrum. These classes include

- 1. First class lever
- 2. Second class lever
- 3. Third class clever

Activity

iii)

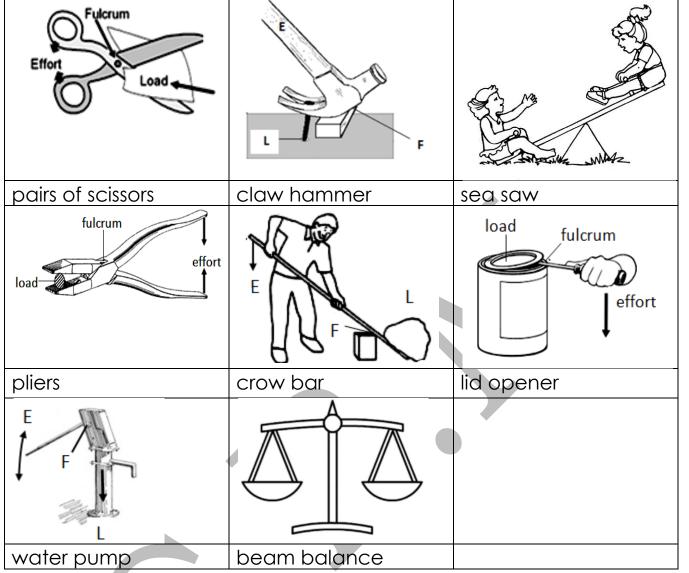
2.	Mention determin		•	of	а	lever	whose	position	are	used	tc
i) ii)											

3. In the space provided below, draw a lever and use letter ${\bf P}$ to label the position of the fulcrum.

©2024 SBM 7 | Page

4. What name is given to the force applied on a machine so as to overcome the load?
5. Write short notes on the following:(a) Load arm
(b) Effort arm
Read and spell - scissors - crow bar - claw hammer - pliers First class levers
This is a class of lever in which the fulcrum is in between the load and effort.
Examples of machines in the first class lever

©2024 SBM 8 | Page



Characteristic of first class levers

- The effort arm is longer than the load arm.

Advantages of using first class levers

 Less effort is used since it multiplies the force applied (it is a force multiplier).

Applications of first class levers in daily life

- Cutting papers using pairs of scissors.
- Removing nails from wood using a claw hammer.
- Lifting objects using a crow bar.
- Opening container lids using lid openers.

Activity

1. Name any one example of a double lever.

©2024 SBM 9 | Page

2. Which first class lever machine can be used for tightening nuts?

3. Give a reason why machines in the first class lever are able to multiply the effort applied.

4. Why is first class lever regarded as a force multiplier?

5. Mention any one application of first class lever in our daily life.

Read and spell

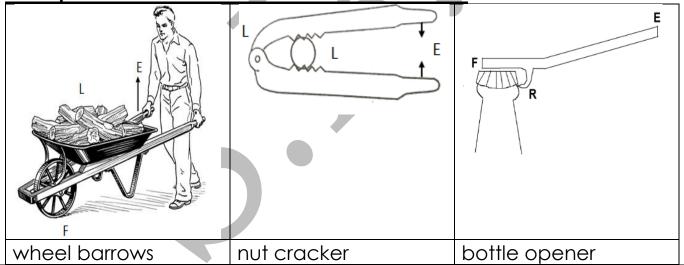
Lesson 7

- oar
- nut cracker
- bottle opener
- wheel barrow

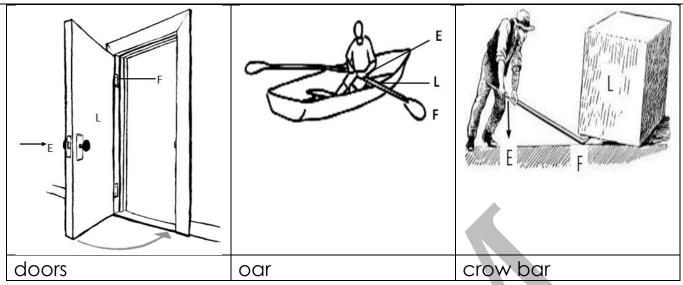
Second class lever

This is a class of lever in which the load is in between the effort and pivot.

Examples of machines in the second class lever



©2024 SBM 10 | Page



Characteristics of second class levers

- The load is closer to the fulcrum than the effort.
- It makes both the load and effort move in the same direction.
- Distance moved by load is less than distance moved by effort.

Advantages of using second class lever

- Less effort is applied since it is a force multiplier
- Work is done easily since both load and effort move in the same direction.

Applications of second class lever in daily life.

- Applying force to move a boat forward.
- Opening bottle tops.
- Transporting manure using a wheel barrow.

Activity

- 1. In a second class lever, load is closer to the fulcrum than to the effort. How is this important?
- 2. State one way in which second class levers are useful in our daily lives.
- 3. Identify any one advantage of using a second class lever over first class lever.
- 4. Mention two examples of machines in the second class lever.
- 5. Why is a wheel barrow grouped under machines in the second class

©2024 SBM 11 | Page

lever?

Read and spell

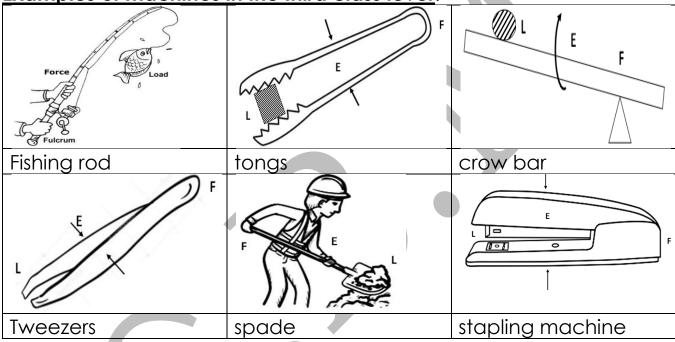
Lesson 8

- tweezers
- tongs
- fishing rod
- fulcrum

Third class lever

This is a class of lever in which the effort is in between the load and fulcrum.

Examples of machines in the third class lever.



Characteristics of third class levers

- Effort applied is greater than the load.
- It is a distance multiplier since the load moves a greater distance than the effort.

Advantages of third class lever

- It makes the effort move a shorter distance than the load.

Applications of third class lever in daily life

- Holding hot charcoal using tongs.
- Picking small medical equipment using tweezers.
- Fishing using a fishing rod.
- Stapling papers using the stapling machine

Activity

1. State any one importance of using third class levers.

©2024 SBM 12 | Page

2.	How are third class levers different from second class levers?
3.	Name one machine that belongs to all the three classes of levers.
4.	When is a crow bar classified as a third class lever?
5. (i)	List down any two ways in which people use third class levers.

Read and spell

- moments
- momentum
- principle
- equilibrium

Force

(ii)

- Force is the pull or push on an object.
- Force is measured in Newtons.

Types of force

- Friction
- Inertia
- Gravity
- Momentum

Effects of force on an object

- It can make an object to start moving
- It makes objects to stop moving
- It can make objects to change shape or size

Moments

- Moment is a turning effect of force.
- Force acting on the right side of a lever causes the lever to turn in a clockwise direction while force acting on the left side of a lever causes the lever to turn in an anti clockwise direction.

Principle of moments/the law of levers.

©2024 SBM 13 | Page

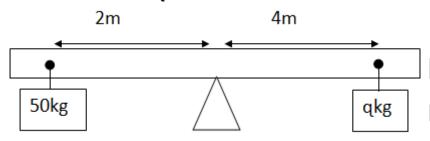
Lesson 9

- The principle of moment states that for a body to be in equilibrium, the sum of the clockwise moment about any point equals the sum of anti-clockwise moment.
- The law of lever states that a lever is balanced when the sum of the clockwise moment about any point equals the sum of anti-clockwise moment.

Calculations on moments

Example 1

1. Find the load at q



$$L \times La = E \times Ea$$

$$qkg \times 4m = 50kg \times 2m$$

$$q \times 4 = 50 \times 2$$

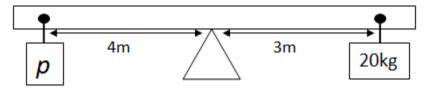
$$4q = 100$$

$$\frac{4q}{4} = \frac{100^{20}}{4}$$

$$q = 20$$

Activity

- 1. State the principle of moment.
- 2. Find the weight at p



©2024 SBM 14 | Page

3. Two forces are balanced on a wooden plank as shown in the diagram below.



(a) Find the distance at g.

- (b) To which class of machines does the one above belong?
- (c) Find the length of the wooden plank.

Read and spell

Lesson 10

- ramp
- ladder
- stair case
- winding road

Inclined planed (slope)

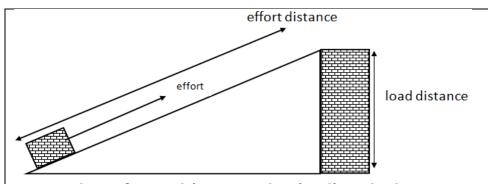
This is a class of simple machines with slanting surface.

Characteristics of inclined planes

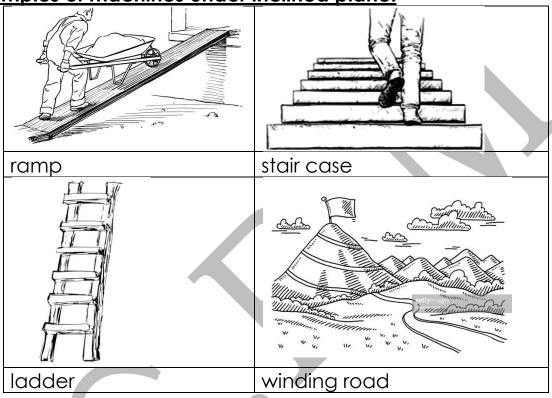
- It has/ is used in a slanting surface.
- It has a vertical height.

Illustration

©2024 SBM 15 | Page



Examples of machines under inclined plane.



Advantages of using inclined plane

- It makes climbing upwards easier.
- It reduces effort applied for lifting up objects.

Applications of inclined plane in daily life

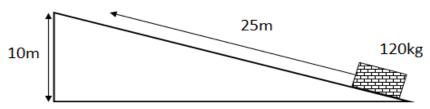
- Moving upstairs on a stair case
- Climbing trees using ladder
- Vehicles ascending a steep hill on a winding road
- Loading goods on lorry truck using a plank of wood.

Activity

1. How is an inclined plane important to a candidate whose class is in the second floor of a storeyed building?

©2024 SBM 16 | Page

- 2. Mention any two applications of inclined planes in daily life.
 - i) _
 - ii)
- 3. Use the diagram below to answer questions that follow 40kgf



- a) To which class of simple machines does the one above belong?
- b) What is the load distance on the diagram above?
- c) c) How can the machine be used to raise the same load using less effort?

Read and spell

Lesson 11

- wedges
- needle
- sword
- axe
- razor blade

Wedges

These are tools with sharp edge for cutting or piercing.

Characteristics of wedges

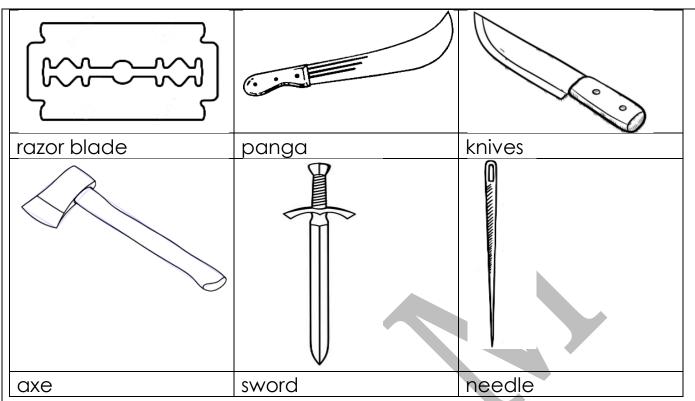
- It is a double inclined plane placed together.
- It has a sharp edge

Illustration showing a wedge



Examples of wedges

©2024 SBM 17 | Page



Advantage of using wedges

- Less effort is applied to overcome the load.

Application of wedges

- Knives are used for peeling some food staffs.
- For splitting wood.
- For cutting tree branches.

Activity

	1.	What	İS	a	wedge?
--	----	------	----	---	--------

2. State one importance of wedges when giving first aid.

3. How are wedges similar to inclined planes in terms of their nature?

4. Mention any one wedge that may be used by a person who has a torn dress.

5. List down any two ways wedges can be used in daily life.

i)

ii)

©2024 SBM 18 | Page

Spelling exercise

Lesson 12

- mechanical
- advantage
- simplifies
- ratio

Mechanical advantage

- Mechanical advantage is the number of times it simplifies work.
- It is expressed as a ratio of load to effort
- It has no unit since it is a ratio.

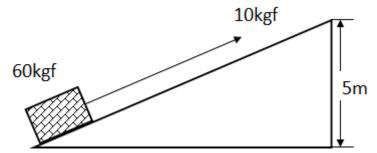
<u>Note:</u> If the mechanical of a machine is one, then the machine requires less effort to lift the load but if it is one then the machine uses effort equal to the load

Calculating mechanical advantage.

Formula; $M.A = \frac{Load}{Effort}$

Examples

1. John used a slope to raise a load of 60kgf from the ground to the higher level as shown below.



Work out the M.A of the machine

$$M.A = \frac{\text{Load}}{\text{Effort}}$$

$$M.A = \frac{60 \text{kgf}}{10 \text{kgf}}$$

$$M.A = \frac{60^{6}}{10^{6}}$$

$$M.A = 6$$

Activity

- 1. Write the meaning of the word mechanical advantage.
- 2. Otim used 20kgf to lift a load of 50kg on a slope. Work out the

mechanical advantage of the slope.

3. If the mechanical advantage of a lever system is 4, find the effort required to lift a load of 80kgf using the lever.

Read and spell

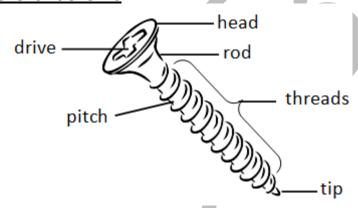
Lesson 12

- pitch
- bolt
- engineer
- screw jack

Screws

- A screw is a nail or bolt with threadlike windings.

Nature of screws

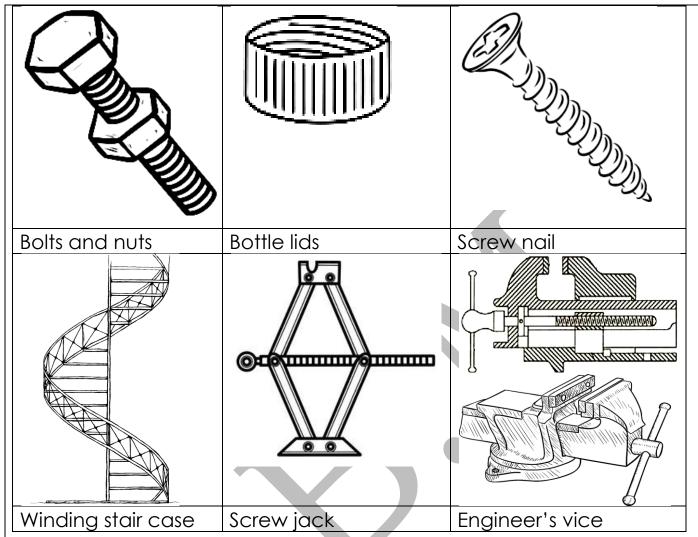


How screws work

- For a complete rotation of the effort, the load moves through a distance equal to one pitch while the effort moves a distance equal to the circumference of the handle.

Examples of screws

©2024 SBM 20 | Page



Uses of screws

- Fixing objects together.
- Lifting heavy objects.
- To tighten bottle tops.
- To drill holes in metals or wood.

Application of screws

- In car jacks for lifting cars.
- In bottle tops for tightening lids.
- In braces for drilling holes.

Activity

- 1. Write down any one example of a tool which is a screw.
- 2. How is an engineer's vice useful to a carpenter?
- 3. Draw any one machine which belongs to screws.

©2024 SBM 21 | Page

	,			
	'			
4 M	ention two	ways how screws are u	iseful in our daily life?	
		ways now solows alo	soloi iii ooi daii, iio.	
(i)				
(.)				
(11)				
` '				

Read and spell

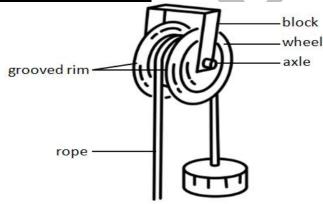
Lesson 13

- fixed
- movable
- block and tackle
- anti-clock wise

Pulleys

 A pulley is a wheel with grooved rim that rotates freely about an axle through a centre.

Diagram of a pulley



Function of each part of a pulley

1. Rope

- It is where the load is attached
- It is where the effort is applied

2. Grooved rim

- It prevents the rope from slipping

3. Wheel

- It supports movement

©2024 SBM 22 | Page

- It redirects applied force

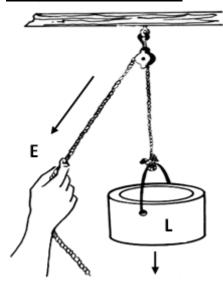
4. Block

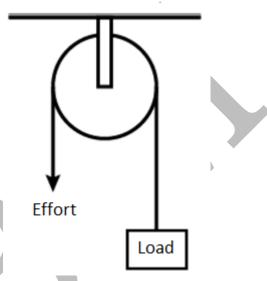
- It's a frame on which the pulley is supported

Types of pulleys

- Single fixed pulley
- Single movable pulley
- Block and tackle system

1. Single fixed pulley





Characteristics of single fixed pulley

- It changes direction of force.
- The effort applied is equal to the load to be overcome.
- It is only one pulley which does not move.

Advantage of using single fixed pulley

- Work is done faster since the load moves at the same speed with effort.
- It makes work convenient by changing direction of force.

Calculations on a single fixed pulley

Example 1

A load of 50kgf was lifted using an effort of 50kgf on a single fixed pulley. Calculate the mechanical advantage of the pulley.

$$M.A = \frac{\text{Load}}{\text{Effort}}$$

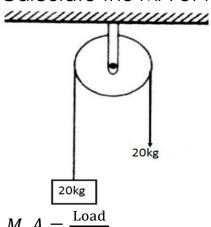
$$M.A = \frac{50 \text{kgf}}{50 \text{kgf}}$$

©2024 SBM 23 | Page

$$M.A = \frac{50^1}{50}$$
$$M.A = 1$$

Examples 2:

Calculate the MA of the pulley illustrated below.



$$M.A = \frac{\text{Load}}{\text{Effort}}$$

$$M.A = \frac{20 \text{kgf}}{20 \text{kgf}}$$

$$M.A = \frac{20^{1}}{20}$$

$$M.A = \overline{1}$$

Note: The mechanical advantage of a single fixed pulley is always 1 since the effort applied is equal to the load.

Applications of single fixed pulleys in daily life

- Raising a flag on a flag post
- Lifting objects from a lower level to a higher level.

Activity

- 1. What is a pulley?
- 2. Mention any two types of pulleys.
 - i) _____
- 2 How is a single fixed pulley important in schools?
- 3. How is a single fixed pulley important in schools?

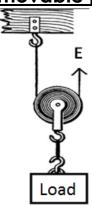
- 4. State any one advantage of using a single fixed pulley.
- 5. Give a reason why the mechanical advantage of a single fixed pulley is always 1.
- 6. Calculate the effort required to raise a load of 40N using a single fixed pulley.

Lesson 14

Read and spell

- rim
- wheel
- block
- load

Single movable pulley



Characteristics of single movable pulley

- It is one pulley which moves with the load.
- Both load and effort move in the same direction.
- The effort applied is half the load.
- It is supported on two ropes. Each of the ropes share a half of the effort needed. The rope moves twice as far as the load.

Advantages of using single movable pulleys

- Less effort is used to overcome the load.
- Work is done more easily since it is a force multiplier.
- Both load and effort move in the same direction.

Calculating M.A single movable pulley.

Example 1

If a load of 100kgf is raised using an effort of 50kgf on a single movable pulley, calculate the mechanical advantage of the machine.

©2024 SBM 25 | Page

Given: load = 100kgf Effort = 50kgf MA = ?

From; MA =
$$\frac{L}{E}$$

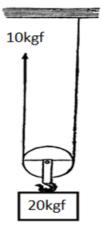
MA = $\frac{100 \text{kgf}}{50 \text{kgf}}$

MA = $\frac{100^2}{50}$

MA = 2

Example 2:

Calculate the mechanical advantage of the pulley illustrated below.



Given;
Load = 20kgf
Effort = 10kgf
M.A = ?
From; MA =
$$\frac{L}{E}$$

MA = $\frac{20 \text{kgf}}{10 \text{kgf}}$
MA = $\frac{20^2}{10}$

MA = 2

Note: The mechanical advantage of a single movable pulley is always two since the effort applied is a half to the load.

Activity

- 1. Why is a single movable pulley regarded as a force multiplier?
- 2. State one advantage of using a single movable pulley over using a single fixed pulley.
- 3. Mention any two differences that exist between a single fixed pulley and a single movable pulley.
 - i) ______
 - ii) _____

©2024 SBM 26 | Page

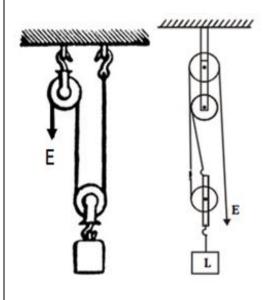
4. A single movable pulley requires an effort of 100N to lift a load of 200N. Calculate its mechanical advantage.

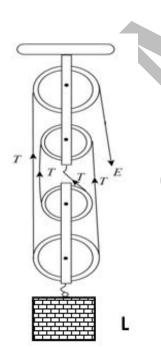
Read and spell

Lesson 15

- direction
- multiplier
- mechanical advantage
- towing

Block and tackle system





Characteristics of a block and tackle system

- Its M.A is determined by the number of pulleys.
- It is a combination of both fixed and movable pulleys.
- It changes direction of force.

Advantages of using block and tackle system.

- Work is done more easily than in other types of pulleys.
- It reduces the effort needed.

Applications of block and tackle system

- It is used in cranes for lifting building materials.
- It is applied in towing vehicles
- They help to move window curtains.

Calculations on using block and tackle system

©2024 SBM 27 | Page

Example 1

A block and tackle system needs a force of 20kgf to raise a load of 100kgf. Calculate its mechanical advantage.

Given:

$$Load = 100kgf$$

$$Effort = 20kgf$$

From;
$$MA = \frac{L}{E}$$

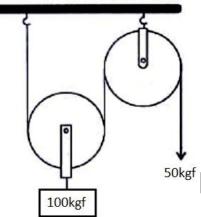
$$MA = \frac{100 \text{kgf}}{20 \text{kgf}}$$

$$MA = \frac{100^5}{20}$$

$$MA = 5$$

Activity

- 1. Mention any one machine that uses the block and tackle system.
- 2. Calculate the M.A of the pulley system illustrated below.



- 3. Mention any two uses of pulleys in our daily life.
 - i)
- 4. A block and tackle system needs 40N to raise a load of 120N
- (a) Calculate its M.A.
- (b) How many pulleys does the pulley system have?

Read and spell

- axle

Lesson 16

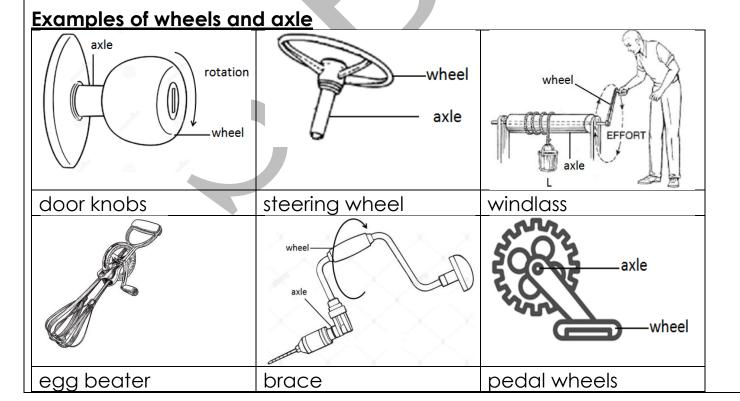
- egg beater
- windlass
- pedal wheels

Wheels and Axle

 This is a simple machine with two wheels of different radii fixed on the same axis

Characteristics of wheel and axle

- The axle is passed through a wheel.
- The wheel rotates on the axle.
- The effort is applied to the wheel
- A string attached to axle raises the load



©2024 SBM 29 | Page

How wheels and axle work

- For a complete rotation, the effort moves through a distance equal to the circumference of the wheel while the load moves a distance equal to the circumference of the axle

Advantages of using wheels and axle

- They simplify work
- It makes the effort move further than the load.

Applications of wheel and axle.

- For drawing water from underground tanks using windlass.
- Locking or unlocking doors using door knobs.
- Turning screws to fix things together.
- Preparing eggs for frying using egg beaters.

•		• •
Д	CII	vity
, ,	~	v y

<u>A</u>	ctivity
1.	How is a wheel and axle important to a carpenter?
2.	Mention any one example of a wheel and axle.
3.	State any one way how wheels and axle simplify work.
4.	Identify any two applications of wheel and axle in our daily life. i)
5.	Which wheel and axle is important when preparing eggs for frying?

Spelling exercise

Lesson 17

- comparison
- chewing
- iaw
- incisor

Comparison of human body parts with simple machines.

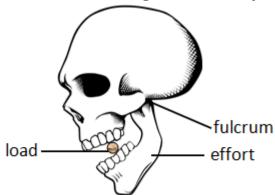
some of the human body parts listed below work exactly as some simple machines

- 1. The incisor teeth
- When biting food, the incisor work as wedges

©2024 SBM 30 | Page

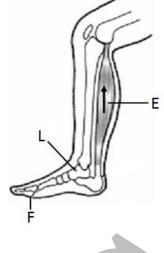
2. The jaw

- When chewing food, the jaw works as a third class lever



3. The human foot

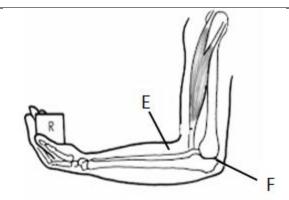
- When walking, the human foot functions as the second class lever



4. The arm

- When lifting objects, the hands work as a third class lever machine

©2024 SBM 31 | Page



Activity

- 1. How are incisor teeth similar to wedges in terms of function?
- 2. State a reason why a human arm is said to be a third class lever.
- 3. How is the fulcrum in first class lever machines different from that of third class machines?
- 4. In which one way are wheels and axle important to car drivers?
- 5. How does rotation of the effort in the wheel affect that of the axle in wheel and axle machines?

©2024 SBM 32 | Page

<u>Answers to topical questions in NYKE Integrated Science Supplementary</u> Book 7

Section A

- 1. Friction
- 2. Due to static friction
- 3. Otim
- 4. Due to static friction between the bag and the surface.
- 5. Otim's bag will be torn at the bottom.
- 6. Pouring sand increases friction on the road surface
- 7. Complex machines require training in order to use them while simple machines do not require training in order to use them.
- 8. Wedges

Section B

- 9i) wedges
 - ii)lever
 - iii)inclined plane
 - iv)screw
- 10a) i) wheel barrow
 - ii)slope
 - b) By increasing length of the slope
 - c) M.A =L/E

M.A = 50N/20N

M.A = 2.5

- 11a) Both change direction of force
 - b) By reducing the effort applied to overcome a given load
 - c(i) Pulleys are used in cranes to lift heavy loads
 - (II)Pulleys are used for raising and lowering flags.

©2024 SBM 33 | Page



©2024 SBM 34 | Page