

Newton's First Law: An object at rest stays at rest, and an object in motion stays in motion unless acted upon by a force.

Example: A soccer ball remains still until you kick it.

Newton's Second Law: Force = Mass x Acceleration ($F = ma$)

Example: A heavier object needs more force to move.

Newton's Third Law: For every action, there is an equal and opposite reaction.

Example: When you jump off a boat, the boat moves in the opposite direction.