## Types of Motion

## Speed

The rate of movement of a body is called its speed. Speed it is described in metres per second, (m/s) when using the metric International System of Units (SI).

## Velocity

Velocity includes two elements, the speed of a body and its direction, e.g. a body is moving at 2 metres per second North.

## Acceleration

Acceleration is the rate of change of velocity. The change may be a change in speed or a change in direction, or a change in speed and direction.



