**Motion and time**

**1. Motion**

**Change in the position of an object with respect to time.**

**2. Rest**

**When an object does not change its position with respect to its surroundings.**

**3. Distance**

**The total length of the path traveled by an object.**

**4. Speed**

**The distance traveled by an object in unit time.**

**5.Distance-Time Graph :A graph that shows how distance changes with time; used to study motion.**

**6.Time Period (T)**

**Time taken to complete one full oscillation of a pendulum.**

**7.Oscillatory Motion**

**Motion in which an object moves back and forth about a fixed point. Example: Pendulum**

**8.Uniform Motion**

**When an object covers equal distances in equal time intervals.**

**9.Non-uniform Motion**

**When an object covers unequal distances in equal time intervals.**

**10. Odometer**

**An instrument used in vehicles to measure the distance traveled.**

**11. Speedometer**

**A device used to measure the speed of a vehicle.**