

Formulae for Uniform Acceleration

$$v = u + at$$

$$s = ut + \frac{1}{2}at^2$$

$$v^2 = u^2 + 2as$$

$$s = \frac{1}{2}(u+v)t$$

If the deceleration
is 2 m/s^2
then $a = -2 \text{ m/s}^2$

