There is some learning to do here. It is helpful to be familiar with the s, v and a graphs for shm

Defined as restoring fore < - x dx : v Die gradient of displacement dt = a 2 ie grad ient of velocity dt = a 2 ie grad ient of velocity Leam a = - w2sc which can be written

This is another differential equation. It has 2 possible, very similar solutions

Which of these solutions you use depends on where you decide to start timing from - - - in other words where is t=0.

So t=0 is at max displacement:

So t=0 is at the midpoint - where x=0.

X= Acos (wf) X = A sin(wt)

With reference to the x, v and a graphs.

- Max displacement is A (ie the amplitude)
- Max v is ωA
- Max a is $\omega^2 A$

In all three cases you can have both negative and positive maxima

Linking to Force We tend to think of this in terms of a spring where F=-Kx As ever we know F=ma so we can combine these two to get that => ma=-kx Linking to Force The Jack The Jack
$m \frac{d^2x}{dt^2} = -kx = \frac{d^2x}{dt^2} = -\frac{kx}{m}$
Try & get to a place whose you see 12x and think aucleration.
The OCR B syllabres models this