

Notes- Potential & Kinetic Energy

What is Energy?

■ Energy is the ability to do _____.

■ Work is done when a _____ causes something to move.

Two Types of Energy

1. Kinetic Energy

■ The energy of a _____ object due to its motion.

■ Objects with more _____ and/or speed have more kinetic _____.

Examples of Kinetic Energy

When is **kinetic** energy the highest?

■ When the arrow is first _____

■ At the _____ of the swinging pendulum

■ When the cannon is at maximum _____ (A & E)

Draw a diagram showing GREATEST KINETIC energy



2. Potential Energy

■ The _____ energy of an object due to its position.

■ Gravitational Potential Energy (GPE) – any object that can _____ has GPE.

■ _____ objects have more GPE because they can fall further.

■ Objects with more _____ have higher GPE

Examples of Potential Energy

When is **potential** energy the highest?

Draw a diagram showing GREATEST POTENTIAL energy

Kinetic Vs. Potential Energy

Draw a diagram of a baseball being tossed into the air and label the HIGHEST KINETIC energy and the HIGHEST POTENTIAL energy.

- When the bow is _____
- At the _____ point of the pendulum swing.
- When the cannon ball is _____



- Kinetic energy can be _____ to potential energy and then back again depending on the object's _____ and _____.

