

Potential and Kinetic Energy

Energy is the ability to do work or cause change. It comes in many forms, such as electrical, thermal, and chemical. All forms of energy can be sorted into one of two types. Energy constantly changes between these types.

Potential Energy • energy of position • stored energy not currently in use

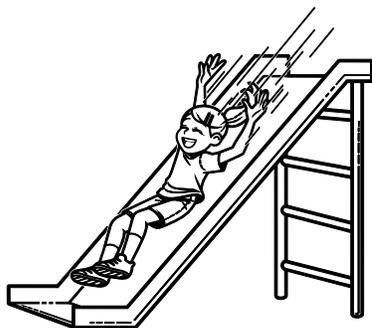
Potential energy is energy that *could be* used due to an object's position or the way its particles are arranged.



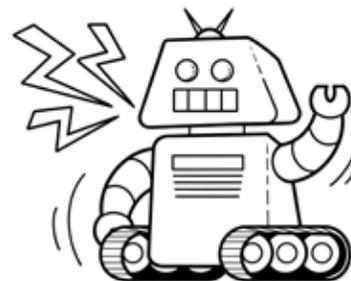
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Kinetic Energy • energy of motion • released energy currently in use

Kinetic energy is energy that *is being* used to cause motion.



Potential energy becomes kinetic energy as the girl falls.



Potential energy becomes kinetic energy as the battery makes the toy robot move.