

WHAT IS ENERGY?

Energy is defined as the ability to do work. There is energy in everything, and we use energy for everything we do.

There are 2 types of energy: potential and kinetic.

POTENTIAL ENERGY IS ENERGY THAT IS STORED.



A car sitting at the top of a hill has potential energy.

KINETIC ENERGY IS ENERGY THAT IS IN MOTION.



When the car begins to go down the hill, the potential energy has turned into kinetic energy.