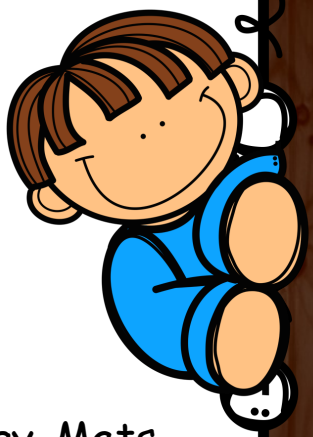
# Forms of Energy


## Kinetic and Potential Energy Science Center Activity, Foldable and Quiz

Living Laughing Teaching

# Forms of Energy

## Kinetic and Potential Energy Science Center Activity and Foldable



**Included in this pack:**

# Forms of Energy

## Kinetic and Potential Energy Science Center Activity


Above is an example of how this center could be utilized. I cut out the Kinetic and Potential Energy mats and glued them inside a color file folder. I placed a pocket on the front of the file folder that holds one set of cards. There are two sets of cards, therefore, I labeled the file folders Set A and Set B. Students arrange the cards onto the mat, check their answers and write the example forms of energy onto their recording sheet that they glue into their interactive science journal.

# Kinetic and Potential Energy Center

## Directions:

1. Take one recording sheet and glue onto your science interactive journal and write your name.

2. Take out the set of cards from the front pocket of your file folder.

3. Arrange the cards according to the form of energy shown on each card.

4. After you finish arranging the cards check your answers with the answer key and make any corrections necessary.

5. Write your answers onto your recording sheet.

6. Gather your set of cards and place back into the front pocket of your file folder.

# Kinetic Energy

# Potential Energy

Set A of Kinetic and Potential Energy Mat cards.

A rock at the edge of a cliff

Dominoes standing in a row

Holding a baseball bat

A bus driving down the street


Going down a slide

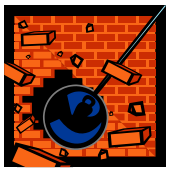
A train traveling down the track.

A parked car

A stretched rubber band

Someone pushing a cart

A runner at the starting blocks



A wrecking ball hitting a wall

Kicking a soccer ball

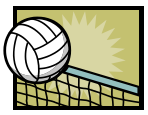
A golf ball on a tee

Roller skating down the sidewalk

**Directions**: Cut and laminate (optional) the kinetic/potential energy examples. Have the students place them on the Forms of Energy Mats. Then have students record their answers on the Recording Sheet.

Set B of Kinetic and Potential Energy Mat cards.

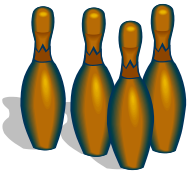
Hitting a volleyball over the net



Holding a soccer ball in place

Riding a skateboard.

Dominoes falling

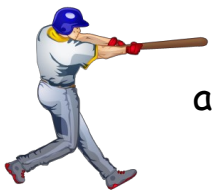


Standing bowling pins

Sitting at the top of the slide

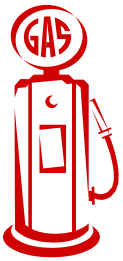
Roller-coaster going down the tracks

Slinky moving down the stairs



Swinging a baseball bat

An apple hanging on a tree.




Gasoline

A stretched bow

Getting on the school bus

Holding a football

**Directions**: Cut and laminate (optional) the kinetic/potential energy examples. Have the students place them on the Forms of Energy Mats. Then have students record their answers on the Recording Sheet.

# Forms of Energy

Recording Sheet

| Kinetic Energy | Potential Energy |
| --- | --- |
| | |
| | |
| | |
| | |
| | |
| | |
| | |

Name: _____

# Forms of Energy

Recording Sheet

| Kinetic Energy | Potential Energy |
|---|---|
| | |
| | |
| | |
| | |
| | |
| | |
| | |

Name: _____


# Forms of Energy

Recording Sheet

| Kinetic Energy | Potential Energy |
|---|---|
| | |
| | |
| | |
| | |
| | |
| | |
| | |

Name: _____

# Forms of Energy

## Recording Sheet

| Kinetic Energy | Potential Energy |
|---|---|
| A bus driving down the street | A rock at the edge of a cliff |
| Going down a slide | Dominoes standing in a row |
| A train traveling down the track | Holding a baseball bat |
| Someone pushing a cart | A parked car |
| A wrecking ball hitting a wall | A stretched rubber band |
| Kicking a soccer ball | A runner at the starting blocks |
| Roller skating down the side-walk | A golf ball on a tee |

Name: Answer Key: Set A

# Forms of Energy

## Recording Sheet

| Kinetic Energy | Potential Energy |
|---|---|
| Hitting a volleyball over the net | Holding a soccer ball in place |
| Riding a skateboard | Standing bowling pins |
| Dominoes falling | Sitting at the top of the slide |
| Rollercoaster going down the tracks | An apple hanging on a tree |
| Slinky moving down the stairs | gasoline |
| Swinging a baseball bat | A stretched bow |
| Getting on the school bus | Holding a football |

Name: Answer Key: Set B

Kinetic Energy

Potential Energy

Glue Here

What is **kinetic energy?**

_____

_____

_____

_____

_____

_____

_____

What is **potential energy?**

_____

_____

_____

_____

_____

_____

_____

**Examples of kinetic energy:**

- _____
- _____
- _____
- _____
- _____
- _____

**Examples of potential energy:**

- _____
- _____
- _____
- _____
- _____
- _____

# ~ ENERGY ~

- Kinetic energy is known as energy of motion.
- The amount of kinetic energy in a moving object depends on its speed and its mass.
- Kinetic energy can change into other forms of energy.

- Potential energy is known as stored energy.
- It is energy that could cause changes in the future.
- Potential energy often changes into kinetic energy.

**Examples of kinetic energy:**

- _____
- _____
- _____
- _____
- _____
- _____

**Examples of potential energy:**

- _____
- _____
- _____
- _____
- _____
- _____

# ~ ENERGY ~

Example Answer Key

- Kinetic energy is known as energy of motion.
- The amount of kinetic energy in a moving object depends on its speed and its mass.
- Kinetic energy can change into other forms of energy.

- Potential energy is known as stored energy.
- It is energy that could cause changes in the future.
- Potential energy often changes into kinetic energy.

**Examples of kinetic energy:**

- Swinging a bat.
- A speeding car chase.
- Sliding down a hill on a sled.
- A falling deck of cards.
- Spinning in circles.
- Running around the block.

**Examples of potential energy:**

- Holding a baseball.
- A stopped car at a red light.
- Standing at the top of a hill.
- Dominoes standing in a row.
- Laying down on the sofa.
- An empty swing.

# ~ ENERGY ~

Name: _____ Date: _____

# Kinetic and Potential Energy

**Matching:**

1. When an object is at rest and not in motion it has _____.
2. The ability to do work is _____.
3. An object in motion is an example of _____.

A. energy
B. kinetic energy
C. potential energy

**Multiple Choice:**

4. Which of the following is the best example of increasing an object's **potential energy**?
   A. rolling a bowling ball
   B. stretching a rubber band
   C. swinging a baseball bat
   D. dropping an apple
5. An object that has **kinetic energy** must be
   A. at rest
   B. in motion
   C. be held up high
   D. on the ground

**Directions**: Classify the following type of potential energy (**P**) or kinetic energy (**K**).

6. _____ Walking down the sidewalk.
7. _____ A skier at the top of the mountain.
8. _____ A pitcher throwing a baseball to first base.
9. _____ Gasoline in a gas tank.
10. _____ An archer with his bow drawn.
11. _____ An apple on an apple tree in an orchard.
12. _____ A car driving down the highway.
13. _____ Water flowing down from a waterfall.
14. _____ A soccer player kicking a soccer ball across the field.

Name: Answer Key  Date: _____

# Kinetic and Potential Energy

**Matching:**

1. When an object is at rest and not in motion it has potential energy.
2. The ability to do work is energy.
3. An object in motion is an example of kinetic energy.

A. energy
B. kinetic energy
C. potential energy

**Multiple Choice:**

4. Which of the following is the best example of increasing an object's **potential energy**?

   A. rolling a bowling ball
   B. stretching a rubber band
   C. swinging a baseball bat
   D. dropping an apple

5. An object that has **kinetic energy** must be

   A. at rest
   B. in motion
   C. be held up high
   D. on the ground

**Directions**: Classify the following type of potential energy (**P**) or kinetic energy (**K**).

6. K Walking down the sidewalk.
7. P A skier at the top of the mountain.
8. K A pitcher throwing a baseball to first base.
9. P Gasoline in a gas tank.
10. P An archer with his bow drawn.
11. P An apple on an apple tree in an orchard.
12. K A car driving down the highway.
13. K Water flowing down from a waterfall.
14. K A soccer player kicking a soccer ball across the field.

# Thank You

Thank you for downloading

**Kinetic and Potential Energy Activity Packet.**

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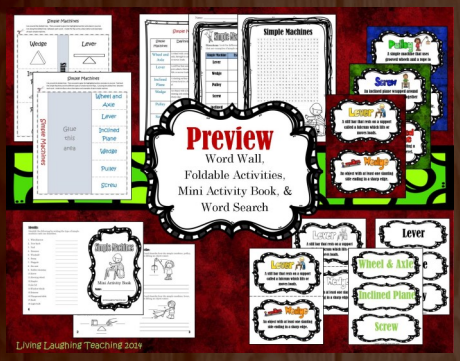
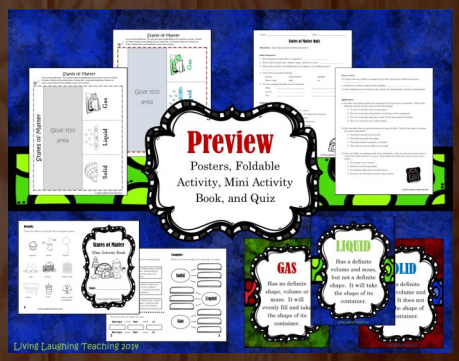



**Simple Machines**


**Rotation and Revolution**




**States of Matter**

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