

Getting to Know Mechanical Energy

Warm Up-

What types of energy are found in the AIR CANNON?

Lesson-


Text Book Demo:

Draw a quick sketch of how you can use a text book to show POTENTIAL ENERGY and KINETIC ENERGY?


Potential Energy

Kinetic Energy

Place an “**X**” where the textbook has the **MOST** potential energy.

Place an “” where the textbook has the **LEAST** potential energy.

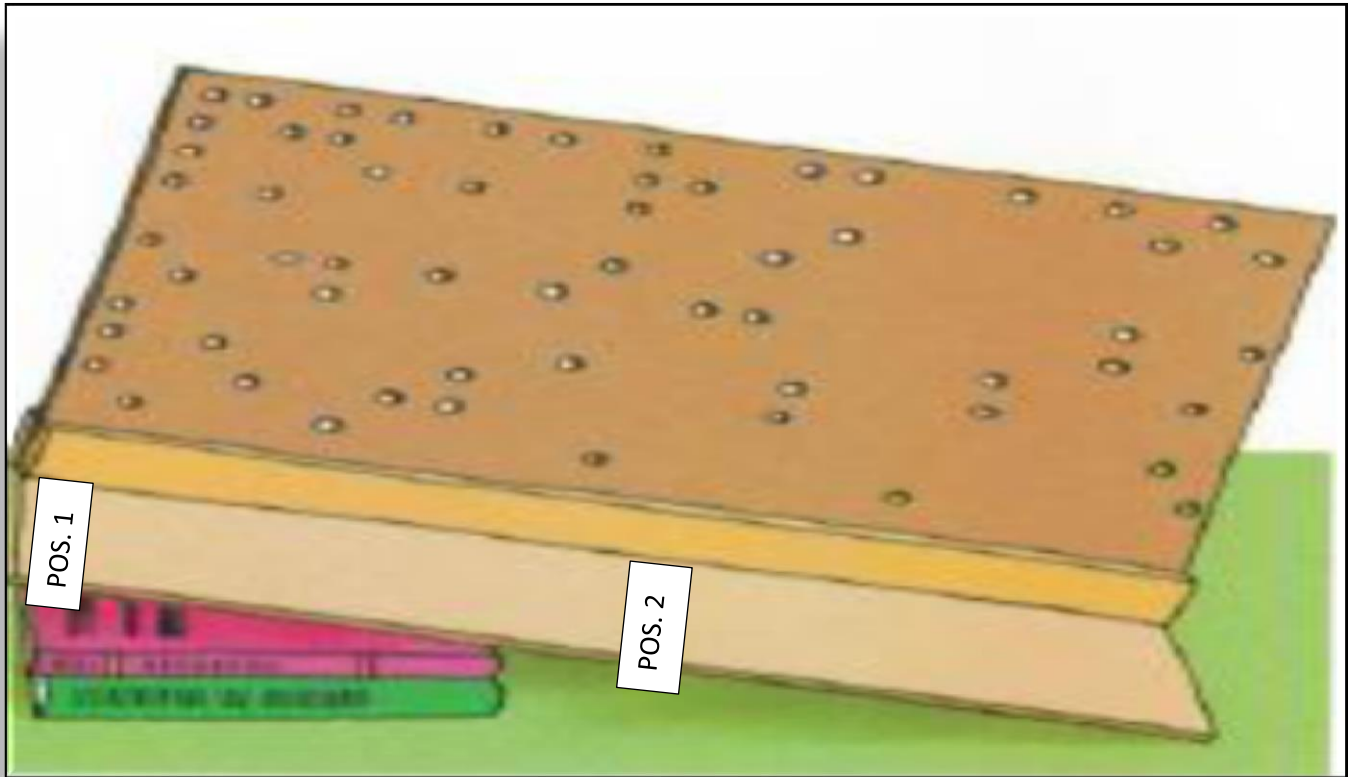
Place an “**X**” where the textbook has the **MOST** kinetic energy.

Place an “” where the textbook has the **LEAST** kinetic energy.

Basketball Demo:

How would you describe the relationship between potential and kinetic energy as you dribble the basketball?

Golf Ball Energy Challenge



1. Which position had the **greatest** amount of **potential** energy? Why?

2. Which position had the **greatest** amount of **kinetic** energy as the golf ball was rolling down the ramp? Why?

3. Which position had the **least** amount of **potential** energy? Why?

EXTENTION Activity: In your notebook, draw your own scenario of both types of mechanical energy.