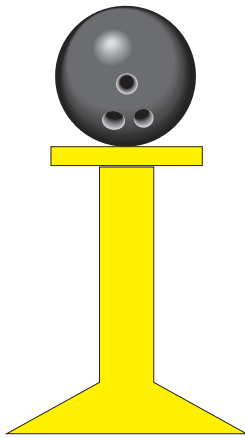
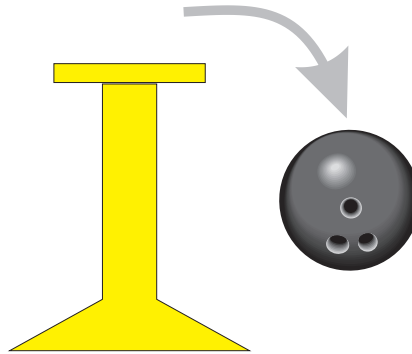


Potential Energy



An object is said to have potential or stored energy when it is in a position to do something. (E.g. A bowling ball on a stand has the potential to fall to the floor, exerting a force.)

Kinetic Energy



Kinetic energy is released as an object is doing work. (The bowling ball releases energy as it falls.)

Sources of Power

Electrical



Electrical power can be used to turn a motor. Batteries supply the electricity which is converted into mechanical energy.

Elastic



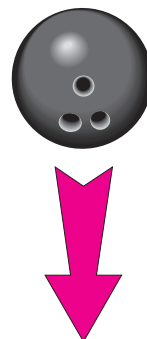
Energy can be stored in a stretched or twisted rubber band. It can be used to do a variety of work.

Magnetic



Magnets can be used to force objects apart or draw them together. (Opposites attract)

Gravity



Gravity is constantly pulling objects towards the center of the earth. A dropped weight can be used to exert a force. A vehicle moving down a ramp uses gravity to provide power.