# Fact Sheet

* Potential energy is the same as stored energy. The “stored energy is held within the gravitational field. When you lift a heavy object you exert energy, which later will become kinetic energy when the object is dropped.
* The word “kinetic” is from a Greek word meaning to move, and the word “energy” is the ability to move. Thus, “kinetic energy” is the energy of motion – it’s ability to do work. The faster the body moves the more kinetic energy is produced.
* Mechanical energy is the energy due to the motion (kinetic) and position (potential) of an object. When objects are set in motion or are in a position where they can be set in motion, they have mechanical energy.
* Potential energy is stored energy.
* Kinetic energy is the energy an object has due to its motion.
* The Law of Conservation of Energy – States that energy cannot be created or destroyed. It may be transformed from one form into another, but the total amount of energy never changes.
* Examples of Potential Energy: Water behind a dam, stretched rubber band, and a book resting on shelf.
* Examples of Kinetic Energy: Water flowing over a dam, released rubber band, and a book falling off a shelf.
* Energy is the capacity to produce physical changes.
* Energy is the ability to do work; to cause changes in the states of matter.
* Energy takes many forms: Heat, light, chemical, nuclear, radiant.
* Kinetic and potential energy can be identified/found in everyday situations.