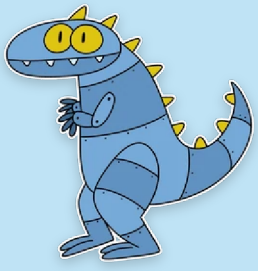
SCIENCE · ENERGY · GRADES 3–5

Potential or Kinetic Energy?

Sort ten examples into stored (potential) energy and moving (kinetic) energy.



Name: _____ **Date:** _____

Potential energy is stored energy, waiting to be used. **Kinetic energy** is the energy of something moving.

Write each example in the right column.

a running dog · a ball rolling down a hill · falling rain · a stretched rubber band · a book on a high shelf · a roller coaster at the very top · a pulled-back bow and arrow · wind blowing · a moving car · a ball at the top of a hill

Potential (stored)	Kinetic (moving)

When does a swing have the most potential energy? When does it have the most kinetic energy?

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