## Potential vs. Kinetic ENERGY

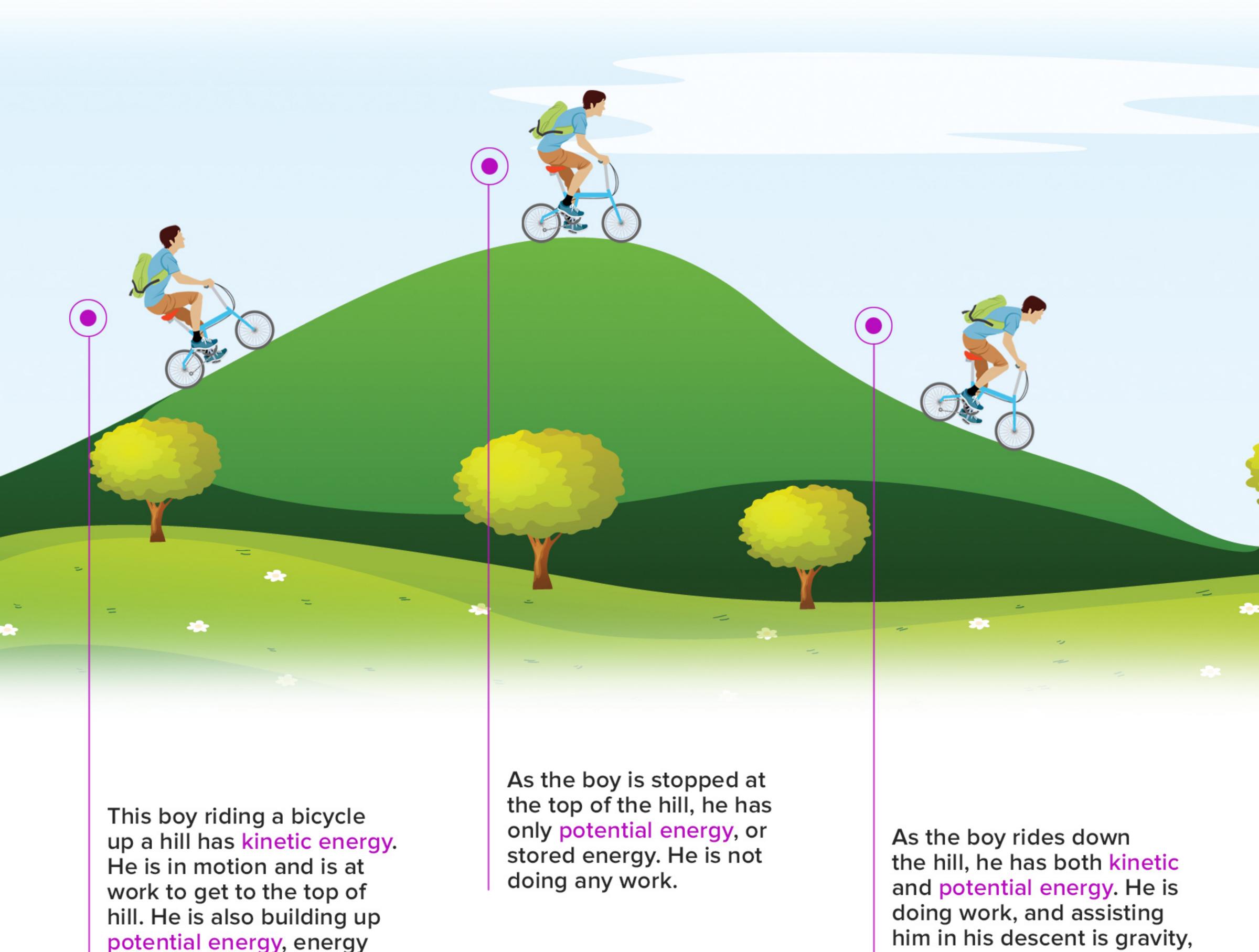
Scientists define energy as the ability to get work done. The work can be anything from breathing to riding a bike to taking a nap. All energy can be in one of two states: potential or kinetic.



POTENTIAL ENERGY is stored energy, energy ready to go. A race car at the starting line of a race, a bicycle on top of a hill, and students waiting to go home from school are all examples of potential energy.

KINETIC ENERGY is energy at work.

A race car speeding around a corner, a bicycle crusing down a hill, and students running home from school are examples of kinetic energy.



to be released on his way

back down the hill.

a force that is helping him

release his stored energy.