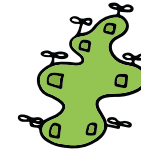


# What goes up, must come down!



Energy is classified into two main forms:  
**kinetic** and **potential energy**.

Kinetic energy is defined as the energy of a moving object. If something is moving, it has kinetic energy. A thrown football, a moving car, a waterfall, or a rock falling from a cliff are examples of objects that have kinetic energy.

*In the box draw or write 3 more examples of kinetic energy.*



Did you write  
roller coaster  
on your list?



Many roller coaster rides use the transfer of **potential energy** to **kinetic energy** to move along the track. As the motor pulls the cars to the top, lots of potential energy is built up. This is released when the roller coaster reaches the top. When the roller coaster moves downwards, kinetic energy is generated. The maximum kinetic energy generated is when the roller coaster is at the bottom of the track. When it begins to go up, the kinetic energy converts to potential energy.

*In the box design your own roller coaster!  
Label where kinetic energy is generated.*

