

Kinetic and Potential Energy Worksheet

Classify the following as a type of potential energy or kinetic energy (use the letters K or P)

1. A bicyclist pedaling up a hill __K__
2. An archer with his bow drawn __P__
3. A volleyball player spiking a ball __K__
4. A baseball thrown to second base __K__
5. The chemical bonds in sugar __P__
6. The wind blowing through your hair __K__
7. Walking down the street __K__
8. Sitting in the top of a tree __P__
9. A bowling ball rolling down the alley __K__
10. A bowling ball sitting on the rack __P__

What examples can you find in your home that are examples of kinetic and potential energy? (name two for each type of energy)

11. Kinetic: Washing Machine
12. Kinetic: Ceiling Fan
13. Potential: Snow sitting on my roof
14. Potential: All the junk on my top shelf in my office

Kinetic Energy - what does it depend on?

The more mass an object moves, the more potential energy it has.

The greater the velocity of a moving object, the more kinetic energy it has.

Kinetic energy depends on both mass and velocity.

Solve the following word problems using the kinetic and potential energy formulas (Be sure to show your work!)

Formulas:

$$KE = 0.5 \times m \times v^2$$

OR

$$PE = m \times g \times h$$

v = velocity or speed

m = mass in kg

g = 9.81m/s²

h = height in meters

15. You serve a volleyball with a mass of 2.1 kg. The ball leaves your hand with a speed of 30 m/s. The ball has KINETIC energy. Calculate it and show your work.

$$KE = 0.5 \times 2.1 \times 30^2 \quad KE = 945J$$

16. A baby carriage is sitting at the top of a hill that is 21 m high. The carriage with the baby has a mass of 1.5 kg. The carriage has POTENTIAL energy. Calculate it and show your work.

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N Colangelo



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