

Types of Energy

- 1. Active Energy
- 2. Potential Energy

Active Energy

- 1. Kinetic Energy
- 2. Heat Energy
- 3. Light Energy
- 4. Sound Energy
- 5. Electrical energy

Potential energy

- 1. Gravitational Potential energy
- 2. Elastic potential Energy
- 3. Chemical Potential energy

You stretch a rubber band and then release it

Energy Transfer & Transformation

Law of conservation of Energy-Energy can neither be created or destroyed Energy can be transferred or transformed (from one form to another) Energy can be stored.