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.