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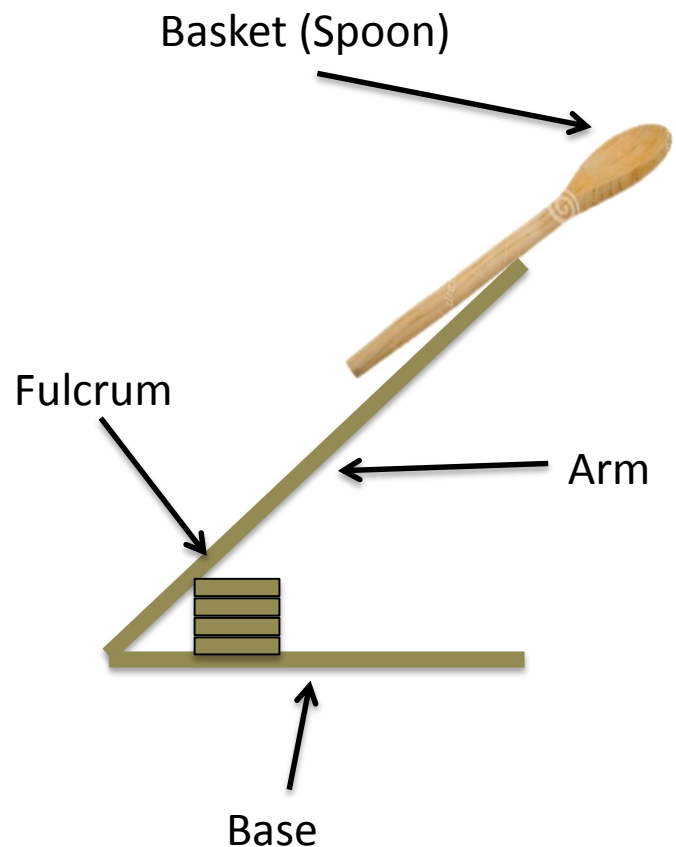
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# Catapulting Energy

## What's energy?

**Energy** is all around us in the form of heat, electricity, movement, even light. Scientists describe energy as the ability to do work. The catapult is an example of **potential** and **kinetic** energy.

Materials:	Amount:
Popsicle Sticks	9
Mini Marshmallows	2
Rubber bands	6
Plastic Spoon	1



## Think like a scientist!

Try attaching the spoon higher up on the arm. Does the marshmallow land farther or closer than previously?

## What's potential and kinetic energy?

**Potential energy** is energy that is stored and ready to be turned into other forms of energy. For example, it is related to how high an object is or how stretched back a rubber band is.

**Kinetic energy** is energy in motion. It is related to how fast an object is moving.

**Directions:** Draw a **circle** around systems that have potential energy and draw a **square** around systems that have kinetic energy.



**Hint:** Potential energy may result in kinetic energy. An object with potential energy looks like it's about to move, while an object with kinetic energy is moving.