

# WORK AND ENERGY

## Task 1:

Record 5 things you do every day that would be classed as **work**. E.g. Get out of bed

\*\*\*Remember - you must exert a **force** AND **move** something

*Choose one from your list and explain why it is work.*

## Task 2:

Have a chat with a partner and record two things that would have POTENTIAL ENERGY and two things that would have KINETIC ENERGY.

Potential Energy	Kinetic Energy