FORMS OF ENERGY

PHYSICAL SCIENCE

Eight forms of energy and how they change

Energy is the ability to do work or cause change. It comes in many forms and can change from one to another.



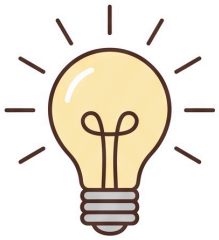
Mechanical

The energy of motion and position. A rolling ball and a stretched spring have it.



Heat (thermal)

Energy from the movement of tiny particles. The faster they move, the hotter a thing is.



Light (radiant)

Energy that travels as waves you can see, like the glow of a bulb or the sun.



Sound

Energy carried by vibrations that travel as waves you can hear.



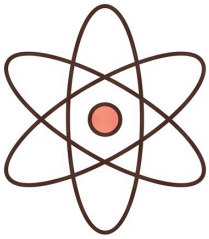
Electrical

Energy from the flow of tiny charged particles called electrons.



Chemical

Energy stored in the bonds between atoms. Food, fuel and batteries hold it.



Nuclear

Energy stored in the nucleus of an atom.



Gravitational

Stored energy that an object has because of its height above the ground.

Energy changes form

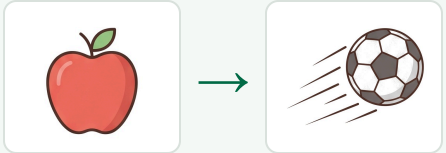
Energy is not used up. It changes from one form to another.

A flashlight



Chemical → Electrical → Light and heat

Kicking a ball



Chemical → Mechanical