4/7 VSVS

Energy → the ability to do work & cause change

TYPES
- Potential → related to location / position
- Kinetic → related to movement

Law of conservation of Energy → energy cannot be created or destroyed, only transferred or transformed.

- The rubber disc had more elastic potential than the tennis ball.

[KIV]
- Newton's cradle → where the ball has the most potential NRG it has the least kinetic NRG → transfers potential to kinetic when it falls

- Gravitational potential Energy (G)

$G = mgh$

mass = m

$9.82 \frac{m}{s^2}$ (acceleration) = g

h = height

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