

# Potential and Kinetic Energy Worksheet

**Instructions:** Choose the correct answer Potential / Kinetic

1. When a cat is sleeping, it is \_\_\_\_\_ energy.
2. When a bird is flying, it is \_\_\_\_\_ energy.
3. When a ball is resting on a table, it is \_\_\_\_\_ energy.
4. When a car is driving down the road, it is \_\_\_\_\_ energy.
5. When a book is on a shelf, it is \_\_\_\_\_ energy.
6. When the book falls off the shelf, it is \_\_\_\_\_ energy.
7. When a roller coaster is stopped at the top of the track, it is \_\_\_\_\_ energy.
8. When the roller coaster is speeding down the track, it is \_\_\_\_\_ energy.
9. When a guitar string is stretched but not vibrating, it is \_\_\_\_\_ energy.
10. When a guitar string is vibrating, it is \_\_\_\_\_ energy.
11. When a stretched rubber band is held still, it is \_\_\_\_\_ energy.
12. When the rubber band is released and moving, it is \_\_\_\_\_ energy.
13. When a tree branch sways in the wind, it is \_\_\_\_\_ energy.
14. When a football is sitting on the ground, it is \_\_\_\_\_ energy.
15. When a football is kicked and flying, it is \_\_\_\_\_ energy.
16. When a parked bicycle is leaning on a wall, it is \_\_\_\_\_ energy.
17. When a bicycle is moving down the road, it is \_\_\_\_\_ energy.
18. When a jack-in-the-box is wound up but not popped, it is \_\_\_\_\_ energy.
19. When the jack-in-the-box pops open, it is \_\_\_\_\_ energy.
20. When a pendulum is at its highest point, it is \_\_\_\_\_ energy.

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## Answer Key

- |             |               |
|-------------|---------------|
| 1.Potential | 11. Potential |
| 2.Kinetic   | 12. Kinetic   |
| 3.Potential | 13. Kinetic   |
| 4.Kinetic   | 14. Potential |
| 5.Potential | 15. Kinetic   |
| 6.Kinetic   | 16. Potential |
| 7.Potential | 17. Kinetic   |
| 8.Kinetic   | 18. Potential |
| 9.Potential | 19. Kinetic   |
| 10.Kinetic  | 20. Potential |



**Potential Energy**



**Kinetic Energy**