

# CONSERVATION of Energy

ENERGY CANNOT BE CREATED NOR DESTROYED. IT ONLY CAN BE CONVERTED FROM ONE FORM TO ANOTHER FORM.

100% Potential Energy

100% Potential and kinetic Energy

100% Kinetic Energy

$$PE = m \times G \times H$$

$$KE = \frac{1}{2} m v^2$$

**POTENTIAL ENERGY**, STORED ENERGY DUE TO AN OBJECT'S POSITION AND ITS POTENTIAL TO CONVERT INTO KINETIC ENERGY.

**KINETIC ENERGY**, ENERGY DUE TO AN OBJECT'S MOTION.

**WONDER WHY A SKATEBOARD WON'T TRAVEL FOREVER?**  
SOME ENERGY IS EATEN AWAY BY FRICTION AND IS CONVERTED INTO THERMAL ENERGY. THIS IS WHAT CAUSES THE WHEELS TO HEAT UP AFTER RIDING.

Is there rotational energy?

Handwritten signature: "Heli R"