

Wrap-up notes: Activity 2.1 -

How does potential energy change when things are pushed or pulled?

- Force - a push or pull that causes an object to move
- Spring systems
 - System is everything in the surroundings experiment & its
 - Springs have a natural length or 'rest position'
 - Stretch or compress a spring past its rest position to gain Potential energy
 - Need to add a force to the system in order to gain potential energy
 - MORE force added = MORE potential energy added to the system
 - You can tell a system has potential energy because it will move when ~~left alone~~ let go.
- Where does the energy come from?
 - According to the Law of Conservation of Energy, energy is neither created nor destroyed, its transformed from one form to another
 - Total energy ALWAYS remains the same
 - Energy can transfer from place to place within the same system & its surroundings
 - Can be showed in a stacked bar graph OR a double line graph

