

Solving Problems: Potential and Kinetic Energy

POTENTIAL ENERGY

Potential energy (J) $E_p = mgh$

Mass (kg)

Height (m)

Acceleration due to gravity (9.8 m/s²)

KINETIC ENERGY

Kinetic energy (J) $E_k = \frac{1}{2}mv^2$

Mass (kg)

Speed (m/s)