

Energy is found in different forms including light, heat, chemical, and motion. There are many forms of energy, but they can all be put into two categories: potential and kinetic.

Potential Energy

Potential energy is stored energy and the energy of position — gravitational energy. There are several forms of potential energy.

Kinetic Energy

Kinetic energy is motion — of waves, molecules, objects, substances, and objects.

Chemical Energy is energy stored in the bonds of atoms and molecules. Biomass, petroleum, natural gas, and coal are examples of chemical energy.

Mechanical Energy is energy stored in objects by tension. Compressed springs and stretched rubber bands are examples of mechanical energy.

Nuclear Energy is energy stored in the nucleus of an atom — the energy that holds the nucleus together. Nuclear fission and nuclear fusion are examples of nuclear energy.

Gravitational Energy is energy stored in an object's height. The higher and heavier the object, the more gravitational energy it has.

Electrical Energy is what is stored in a battery, and can be used to power a cell phone or start a car.

Radiant Energy is electromagnetic energy that travels in transverse waves. Radiant energy includes light, radio waves, and X-rays.

Thermal Energy, or heat, is the vibration and movement of the atoms and molecules within substances.

Motion Energy is energy stored in the movement of objects. The faster they move, the more energy they have.

Sound is the movement of energy through substances in longitudinal (compression/rarefaction) waves.