

**Lesson 1:**  
Introduction to Energy



Part of Energy Queensland





## Learning intentions

- Understand what energy is and its various forms
- Define 'energy'
- Identify real-life examples of each form of energy

# Becoming an energy saver

To become an Ergon Energy Detective, we first need to understand what energy is!

**Join your teacher on the mat for a Yarning Circle to discuss:**

What is energy and where does it come from?





# What is energy?

Energy is the ability to do work. This means energy is needed for anything that requires movement or a change in state.

Energy comes in lots of different forms (which we will learn about today!).

Energy can be

**transferred (passed)**

from one object  
to another.

Energy can be

**transformed (changed)**

from one form of  
energy to another.

# Forms of energy

There are two main types of energy:

**Kinetic energy**  
(energy that moves)



**Sound**  
(e.g. playing a drum)



**Electrical**  
(e.g. lightning, electricity)



**Movement**  
(e.g. animal running)

**Thermal**  
(e.g. cooking with fire)



**Kinetic energy**

**Light**  
(e.g. light bulb)



**Potential**  
(energy that is stored)



**Elastic**  
(e.g. bouncy ball, kangaroo hopping)



**Chemical**  
(e.g. burning coal, cooking food)

**Potential energy**

**Nuclear**  
(e.g. stars)



**Gravitational**  
(e.g. water flowing from a tap)

**Forms of energy**

# Forms of energy - class discussion

Can you think of energy examples around your home or school or times when you might use different forms of energy?



# Today's task

Complete the Form of Energy worksheet:

- Draw a picture as an example for each form of energy

**Kinetic energy**

**Potential energy**



# Mission report

**Do you accept your mission?**

Now you know what energy is, will you accept your mission to become an Ergon Energy Detective? Let's recap the forms of energy!



Light	Movement	Thermal	Gravitational	Elastic	Sound	Electrical	Chemical
Kinetic	Kinetic	Kinetic	Potential	Potential	Kinetic	Kinetic	Potential

A vertical decorative banner on the left side of the table, featuring a green and blue pattern with circular motifs, resembling a stylized sun or energy source.

# Success criteria



You can:

Define  
'energy'



Understand  
that energy  
can come  
in lots of  
different  
forms



Identify  
real-life  
examples of  
the different  
forms energy  
can take

