



**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.

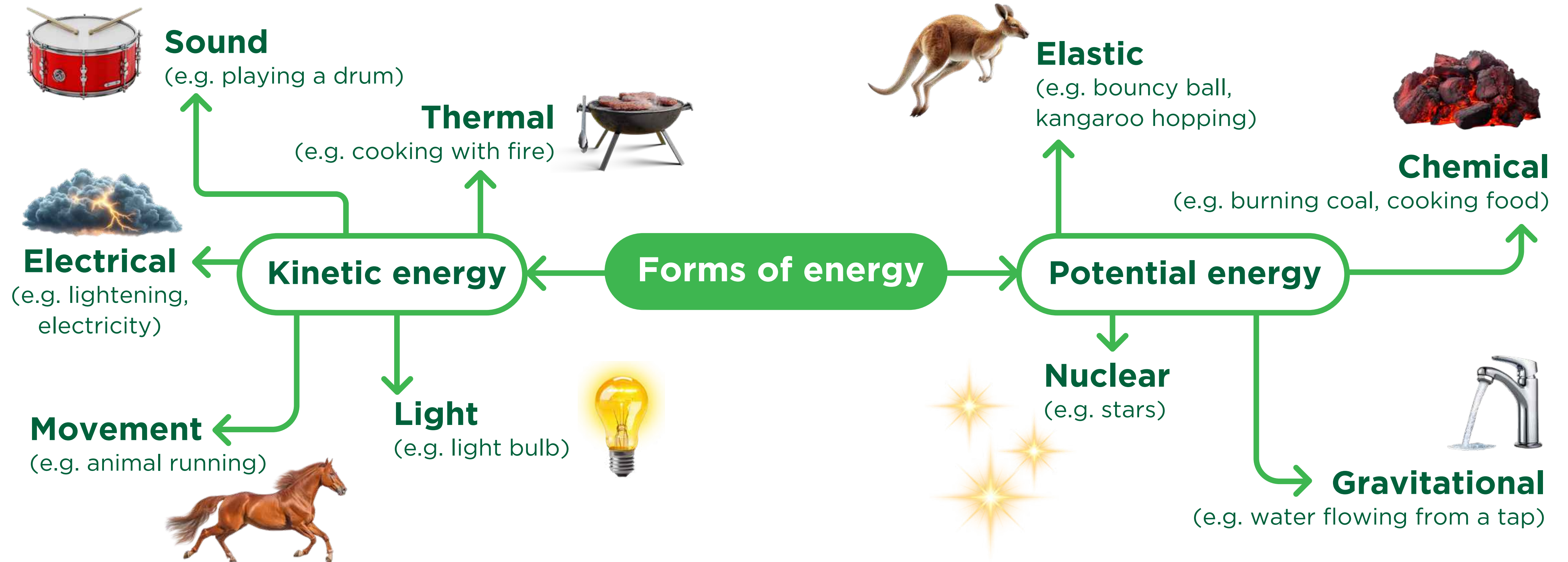


# Forms of energy

There are two main types of energy:

**Kinetic energy**  
(energy that moves)

**Potential**  
(energy that is stored)



# Forms of energy – class discussion

Can you think of energy examples around your home or school of 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**

Kinetic



**Movement**

Kinetic



**Thermal**

Kinetic



**Gravitational**

Potential



**Elastic**

Potential



**Sound**

Kinetic



**Electrical**

Kinetic



**Chemical**

Potential





# 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