



Assess It!

## Assess It! Station Directions

It is recommended that you have completed at least **two** of the following stations before working at this station.

- Read It!
- Explore It!
- Watch It!
- Research It!

Each member will answer the questions from the task cards on the lab sheet in the Assess It! section.

Assess It!  
#1

What is the stored energy in an object due to its position called?

- A. Potential
- B. Gravity
- C. Kinetic
- D. Thermal

Assess It!  
#2

How does potential energy transfer to kinetic energy?

- A. When it heats up
- B. When an object remains at rest and charges up
- C. When an outside force acts upon the object and causes it to move
- D. Potential energy cannot become kinetic energy

Assess It!  
#3

Which is an example of kinetic energy?

- A. An apple falling from a tree
- B. A book sitting on a table
- C. A plate of hot food
- D. A parked car

Assess It!  
#4

Which represents kinetic energy transferring into potential energy?

- A. A
- B. B
- C. C
- D. D

