**Noteguide for Potential Energy (Videos 6C) Name**



Example: What is the potential energy of a 5.00 kg mass that is 2.00 m above the ground?

Whiteboards:

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| 1. What is the potential energy of a 4.5 kg bowling ball, 13.5 cm above the ground? (6.0 J) | 2. Toby Continued lifts a 75.0 kg box doing 1573 J of work. What is the change in height of the box? (2.14 m) |
| 3. Colin Host lifts himself up 15 m doing 9555 J of work. What is his mass? (65 kg) |