

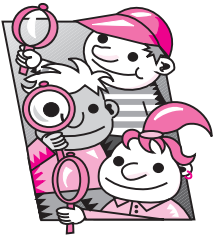
Lesson
2

Jumping with energy

When you run around, jump and play games, people say you have a lot of energy. But then you get tired and just want to sit or lie down. You have run out of energy. After a good lunch you are full of energy again.

What is energy? Energy is what makes things happen.

In this lesson we will see that energy is all around us.



Team investigation

**Can we find evidence of energy
stored in a flic flac?**

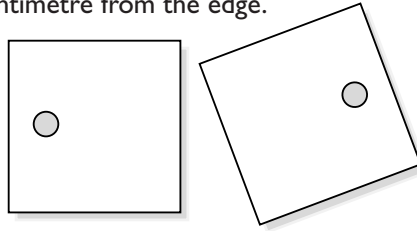
Team equipment

- ◆ 6 cardboard squares
- ◆ scissors (or a hole punch)
- ◆ masking tape
- ◆ 3 elastic bands
- ◆ 3 matchsticks
- ◆ job badges for director, manager and speaker

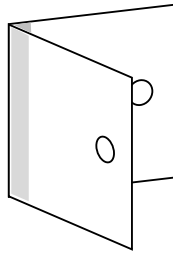


How to find out

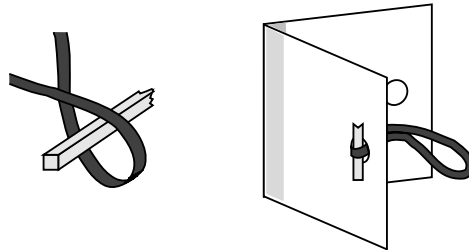
- 1 Make holes in two cardboard squares with scissors (or a hole punch). Make the holes about 1 centimetre from the edge.



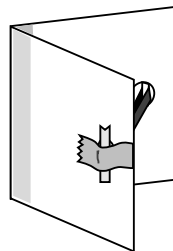
- 2 Tape the two pieces of card together to form a hinge. The hinge is opposite the holes.



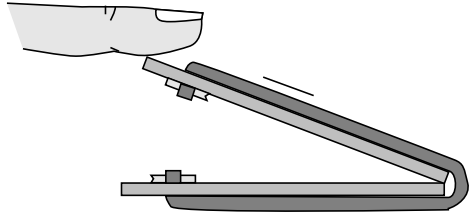
- 3 Thread one end of the elastic band through one of the holes in the card. Break a matchstick in half and put one piece through the loop as shown.



- 4 Do the same for the other end of the elastic band and tape down the two matchsticks.

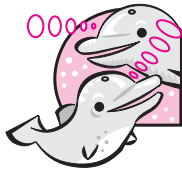


- 5** 'Set' the flic flac by bending it inside out. Place it on a desk and hold it down with your finger. When you move your finger away, the flic flac should jump into the air.



Caution! Do not put your face close to the flic flac when it is set. It could hit you in the eye.

Let's talk about it



- 1** Do you think the set flic flac had energy?
Why do you think so?
- 2** Whose flic flac had the most energy? How do you know?
- 3** Where did the energy come from that made the flic flac move?