KE equations

Work Done by the gravitational Force

$$W = \frac{1}{2}mv_{\rm f}^2 - \frac{1}{2}mv_{\rm i}^2$$
 P= F.V $W = mgh$, $w = \frac{1}{2} k x^2$

Work done by spring force

Work-Kinetic energy theorem

BLIVEWORKSHEETS