


Ninja Energy Training Live Worksheet

Name: _____ Date: _____

PART 1: Sort It Like a Ninja (Drag-and-Drop style)

Match each type of energy to the correct category – Potential or Kinetic by dragging them into the right column.

 Chemical

 Electric

 Elastic


 Gravitational

 Magnetic

 Nuclear

 Mechanical

 Electrical

 Thermal

 Sound

 Radiant

 Light

Drop them into the right columns below:

POTENTIAL ENERGY	KINETIC ENERGY

PART 2: Ninja Choose Attack (Multiple Choice)

1. What type of energy is stored in a stretched ninja bowstring?

- a) Thermal
- b) Elastic
- c) Gravitational
- d) Nuclear

2. A ninja running on rooftops is using what type of energy?

- a) Mechanical
- b) Chemical
- c) Sound
- d) Magnetic

3. What type of energy is stored in an apple hanging from a tree?

- a) Radiant
- b) Elastic
- c) Gravitational
- d) Thermal

4. Sound energy is...

- a) Stored in atoms
- b) Created by heat
- c) Carried by sound waves
- d) Ninja magic 🌟

PART 3: Energy ID Mission (Short Answer)

1. What's the difference between kinetic and potential energy?

Your ninja answer:

2. Give 2 real-life examples of potential energy:

1. _____

2. _____

3. Give 2 real-life examples of kinetic energy:

1. _____

2. _____