

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Energy & Speed: Lesson Starter

## Ready, Set, Go! 🏎️

Today we are learning about **energy**!

Before we start zooming, let's warm up our brains and remember what we know about how things move.



**Energy** is the 'go power' that makes things move!

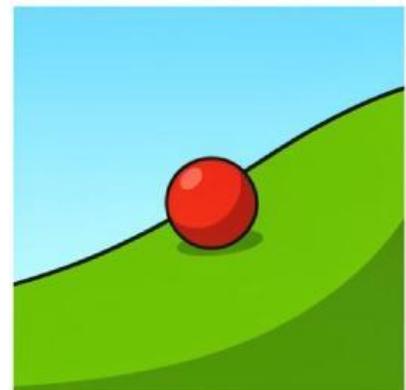


## 1. Match the Words 🧩

Look at the pictures. Pick the best word from the box. Write it under the picture.

### Word Bank:

- **Energy** (Go power)
- **Speed** (How fast)
- **Motion** (Moving)



## 2. Big Push or Little Push? 🖐️

1. You want a swing to go **very fast**. What do you do?

- a) Give it a big push                      b) Give it a little push

2. You give a toy car a **little push**. How will it move?

- a) Fast    b) Slow



## 3. Quick Energy Check! ✓

Read each sentence. Pick the right answer.



**Hint:** Think about a toy car. Will it move if you just stare at it and don't push it?

3. Things can move all by themselves without any energy.

- a) True    b) False



**Hint:** Think about recess. Which makes you feel more tired: running fast or walking slowly?

4. A fast runner uses more energy than a slow walker.

- a) True    b) False

## Answer Key

### 1. Match the Words

Cell 1: Energy

Cell 2: Speed

Cell 3: Motion

### 2. Big Push or Little Push?

a) Give it a big push

b) Slow

### 3. Quick Energy Check!

b) False

a) True