



NSF GK-12 Graduate Fellows Program  
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*University of North Carolina at Wilmington*

# Kinetic Energy

## Activity/Experiment Instructions

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## Experiment

Calculate the kinetic energy of a ball rolling on your desk one meter. Remember, to do this you need to find 2 of the 3 variables of the equation. You can find the mass of the ball by weighing it with a balance. So, you must calculate the velocity of the ball using the equation

$$\text{Velocity} = \text{Distance}/\text{Time}$$

Since you already know the distance (1 meter), you must time how long it takes to roll the distance. Once you have done this, you will have all of the variables needed to find the kinetic energy of a rolling ball.

Weight of Ball:

-Remember to convert to kg

Time:

Velocity:

Kinetic Energy:

