SCIENCE FRICTION

FRICTION is a force objects have which makes them resist motion or movement across or against another. Friction is what happens when two things rub against each other; like two hands rubbing together or air slowing down a car.

There are two main types of friction: **STATIC FRICTION** and **SLIDING FRICTION**.

1. **STATIC FRICTION** is a friction force that opposes any attempt to move a stationary object along a surface. An example would be someone trying to push a heavy bookshelf.
2. **SLIDING FRICTION** is friction where a force opposes the sliding motion of two surfaces rubbing together. Riding a bike on the sidewalk would be an example of sliding friction.

Based on the information you just learned about friction, determine which type of friction is being used below.

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_____ _____ _____

Players require a lot of **ENERGY** to skate, shoot the puck and win a hockey game. Energy is the capacity to do work.

There are two types of energy: **KINETIC** and **POTENTIAL**.

1. **KINETIC ENERGY** is created due to motion. An example would be a speeding train.
2. **POTENTIAL ENERGY** is stored energy. An example would be a train waiting to leave the station while passengers board.

Label each picture to the right with which type of energy is being used.

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_____ _____