



Title:

What Is Energy in Physics — and Why Can't It Be Created or Destroyed?



Introduction:

Have you ever wondered why we say energy cannot be created or destroyed? From the food you eat to the light in your room, energy is all around us — but what exactly is it?

This lesson helps students understand the true meaning of energy in Physics, how it is stored, transformed, and why it never disappears.



What Is Energy?

In Physics, **energy** is defined as the *ability to do work*. It exists in various forms, including kinetic energy (movement), potential energy (stored), heat energy, light energy, and chemical energy.



The Law of Conservation of Energy

One of the most important principles in science is this:

“Energy cannot be created or destroyed. It can only be transformed from one form to another.”

This means energy moves and changes — from food into muscle work, from the sun into solar power — but the total amount of energy stays the same.



Let's Explore with Examples:

- When a ball falls, **gravitational potential energy** is converted into **kinetic energy**.
 - A battery stores **chemical energy**, which powers a torch with **light and heat**.
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Try This:

Think of one activity you do every day. Can you describe how energy changes from one form to another?

 **Download the Lesson:**



https://docs.google.com/document/d/1Rwuid3kpHDLtqWD7Rn_kpiWdzKmoiAsMWAZX-WZPc9Q/edit?usp=sharing

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