

High School Physics Activity

Topic: Work and Energy

Objective

Students explore and understand concepts related to work and energy.

Materials

- Notebook
- Lab materials
- Chart paper
- Markers
- Calculator

Procedure

1. Introduce work and energy concepts.
2. Discuss real-life examples.
3. Observe demonstration or simulation.
4. Record observations.
5. Present findings.

Observation / Notes

Observation	Notes

Discussion Questions

- What is work and energy?
- Where is it applied?
- What did you observe?
- Why is it important?

Extension Activity

Design a model demonstrating work and energy.

Work and Energy Diagram

