

## Energy and Momentum Worksheet

Name \_\_\_\_\_ Date \_\_\_\_\_ Period \_\_\_\_\_

1. What is momentum? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. What two things must be known about an object in order to calculate it's momentum?

It's \_\_\_\_\_ and it's \_\_\_\_\_.

3. What is energy ? ( Do not give examples of the types of energy)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Explain what the Law of Conservation of Energy means. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. – 6. Calculate the momentum for the following objects in the chart below,  
where momentum = mass x velocity. Units of momentum are kg/m/s

# and Object	Mass in kilograms	Velocity in meters/second	Momentum in kg/m/sec
5. Bowling ball	7.3 kg	3 m/s	
6. Steel Marble	0.05 kg	45 m/s	

7. State the Law of Conservation of Momentum. \_\_\_\_\_

\_\_\_\_\_  
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