$\qquad$ Date: $\qquad$ Period: $\qquad$
Solve the following problems. Show your work. Include a label.

The box weighs 1230 N


1. Work done sliding box across floor $\qquad$
2. Power to slide the box across the floor $\qquad$
3. Work done lifting box $\qquad$
4. Power to lift box
5. Three divers with the same mass are pictured to the left. The potential energy for all three is given. Determine the kinetic energy for each diver.

$$
\begin{aligned}
& \mathrm{PE}=4,500 \mathrm{~J} \\
& \mathrm{KE}=
\end{aligned}
$$

(hint: he hasn't jumped yet!)


$$
\mathrm{PE}=2,700 \mathrm{~J}
$$

$$
\mathrm{KE}=
$$

$\qquad$

$$
\mathrm{PE}=1,000 \mathrm{~J}
$$

$$
\mathrm{KE}=
$$

$\qquad$


