

Energy is all around you! You can hear energy as sound, you can see energy as light, and you can feel it as wind. You use energy when you hit a softball, lift your book bag, or compress a spring. Electricity flows in a wire. Energy can be defined as the capacity to perform any work. If a body or organism does work (exerts a force over a distance to move an object), the body or organism uses energy. A bomb exploded.