# ENERGY AND SOUND LOG BOOK

I can

* Name the types of energy
* Tell you the difference between stored and energy that is used to do work
* Draw Energy transfer diagrams
* Explain where energy goes from and to
* Explain that sound is a wave, caused by vibrations
* Explain that the pitch of the note is equivalent to the frequency of the waves and the loudness of the note is related to the amplitude of a wave.
* A sound one octave above another note has a frequency double that of the lower note
* Danger level for hearing depends on loudness and exposure time.

H&W

* Having headphones in or over my ears and my volume loud can permanently damage my hearing.

I did a practical to

* identify the energy changes in a steam engine and workshop
* identify the energy changes is different activities
* look at energy changes in different systems.
* Find

I am safe in the lab

I work well in a team

I am kind to others in the class

I am helpful

I complete homework

I bring my jotters and work things