

Q1) Ans - A wound up watch spring has potential energy because of the wound up state of its coils.

Q2) Ans - The energy possessed by a moving cricket ball is kinetic energy.

Q3) Ans - A wound up watch spring has the potential energy because of its wound up state. As the spring unwinds itself, the potential energy changes into kinetic energy. This kinetic energy does work in moving the arms of the watch.

Q4) Ans - A wound up watch spring has the potential energy because of its wound up state. As the spring unwinds itself, the potential energy changes into kinetic energy. This kinetic energy does work in moving the arms of the watch.

- Q5) Ans -
- Electrical energy to light energy.
  - Electrical energy to heat energy.
  - Electrical energy to sound energy.
  - Sound energy to electrical energy.
  - ~~Electrical~~ Electrical energy to mechanical energy.