Kinetic and Gravitational Energy Activity (CLASS SET)

A man (m = 70 kg) is standing on a 100 m high diving board. Your task is to find his gravitational potential energy and kinetic energy at point A. To find his kinetic energy you will have to use the famous five. You know his initial speed is zero, you know how far he has travelled (from the top to point A) and you know the acceleration due to gravity 9.8 m/s2 you can use this to find his speed at point A.

100 m

Reference line - water

A