**Scope**: All instance variables are fields, but not all fields are instance variables. Fields can also be static (class-level variables), whereas instance variables are always tied to an instance of the class.

**Usage**: Instance variables hold data that is unique to each object (instance) of the class. Static fields are shared among all instances of the class.

public class Person {

private String name; // Instance variable

private int age; // Instance variable

private static String species = "Homo sapiens"; // Static field

}