

**S100: Science: a foundation course**

**S100/05: Science Course Unit 5**

**Executive Producer: Nat Taylor**

**Director: Tony Jolly**

**Contributors in the clip: Gerald Elliott**

**Clip transcript: The types of energy that hold molecules together.**

**Gerald Elliott:**

You've also met solids, liquids and gases. You know now that they all consist of molecules and that it's the balance between the kinetic energy which is constantly tending to disrupt these molecules and the binding energy which tends to hold them together. It's this balance which gives us the state of matter whether it's a solid, a liquid or a gas.