This unit of energy is directed for 3rd grade to 5th grade elementary school teachers for a general background knowledge of energy. It is for teachers who say they are not science teachers, in particular those who do not feel strong in teaching science, so to instill in them an ability of confidence in teaching it after reading this curriculum. The DTI seminar has given me the opportunity to learn about energy enough that I no longer feel inadequate about teaching about energy. This unit curriculum is based to implement science in way such that it ties in with the reading and social studies units in the fall. This curriculum focuses on students understanding what energy, where it comes from, is and how it is in our everyday lives. A main objective is to see energy through history, comparing and contrasting energy now versus pre-Industrial century. Another main objective is to see how we use energy nowadays, through objects they see in their everyday lives, including gasoline and light energy used in the house. Reading this will help one gain confidence to teach on a deeper level energy with elementary school students.