
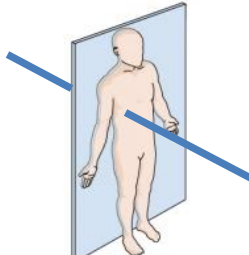


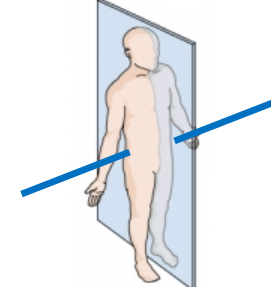

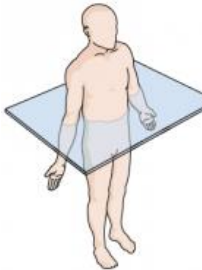
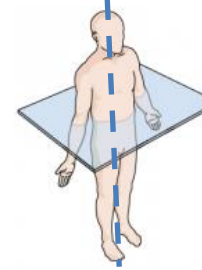



Paper 1: Planes & Axes of Movement

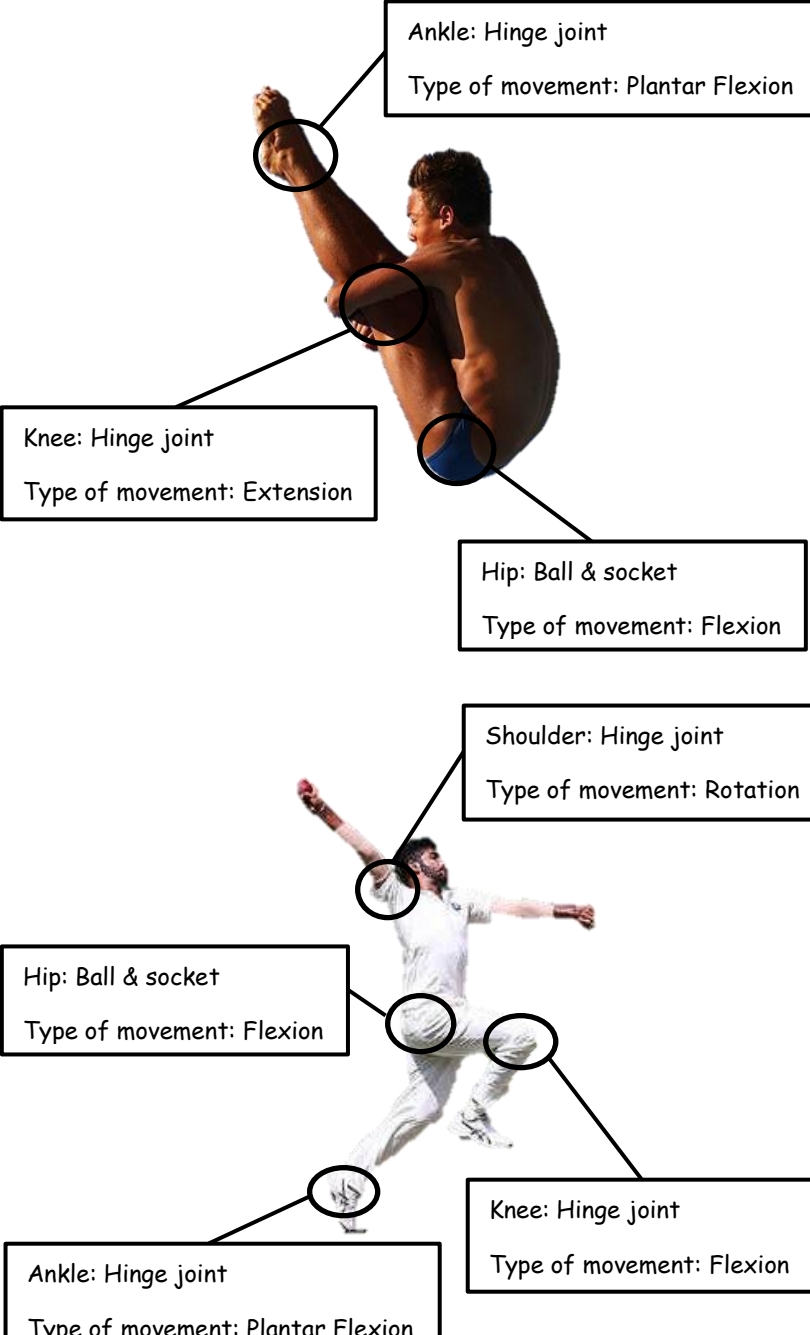
Planes and axes of movement:

We move in planes around axes. You need to be able to identify and describe the three different body planes and axes

- A plane is an imaginary line that movement direction occurs in
- An axis is a line about which the body or body part can turn

Plane of movement	Axes of movement	Sporting example
 <p>Frontal Plane Separates the front and the back of the body</p>	 <p>Sagittal axis Goes from the front to the back of the body</p>	 <p>Cartwheel The only movements are Abduction and adduction</p>
 <p>Sagittal Plane Separates the left and the right side of the body</p>	 <p>Frontal axis Goes from one side to the other side of the body</p>	 <p>Somersault The only movements are flexion and extension</p>
 <p>Transverse Plane Separates the top and the bottom of the body</p>	 <p>Vertical axis Goes from the top of the body to the bottom of the body</p>	 <p>Full twist (diving) The only movements are rotating and twisting</p>

Analysis of basic movements in sporting examples:



Example 1 (Cartwheel):

- Ankle: Hinge joint
Type of movement: Plantar Flexion
- Knee: Hinge joint
Type of movement: Extension
- Hip: Ball & socket
Type of movement: Flexion

Example 2 (Dive):

- Shoulder: Hinge joint
Type of movement: Rotation
- Hip: Ball & socket
Type of movement: Flexion
- Knee: Hinge joint
Type of movement: Flexion
- Ankle: Hinge joint
Type of movement: Plantar Flexion