Planes and Axis

Learning Objectives: Mr Fearn

- To know the three movement planes and three axes (4-5) **(AO1)**
- To understand the possible movements in each plane/ axis (6-7) **(AO2)**
- To be able to analyse sporting movements with reference to the movement plane and axis (8-9) **(AO3)**

DEFINE/IDENTIFY (AO1)

Key Terms

SomeTimes Fun Starts Too Late

Sagittal Plane	Divides the body into _____ and _____ sides.
Frontal Plane	Divides the body into _____ and _____.
Transverse Plane	Divides the body into _____ and _____ halves.
Transverse Axis	Runs through the body horizontally from the _____ to the _____.
Sagittal Axis	Runs through the body horizontally from the _____ to the _____.
Longitudinal Axis	Runs through the body vertically from the _____ to the _____.

(4-5) AO1

APPLY IT!

Planes and Axis in Action

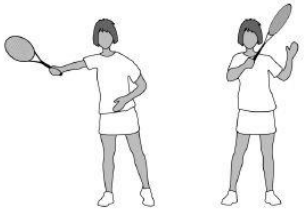
APPLY IT!

Plane	Axis	Movements (Joints)	Sporting examples
Sagittal	Transverse	Flexion & Extension (E , K)	
Frontal	Sagittal	Abduction and Adduction (S , H)	
Transverse	Longitudinal	Rotation (S)	

(6-7) AO2

Exam Question (2 marks)

Here is a diagram of a forehand tennis stroke.
Identify the plane and axis when the arm bends at the elbow



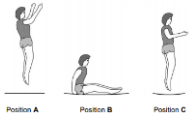
Plane:

Axis:

Exam Question (6 Marks)

i) The diagram shows a trampolinist performing a seat landing. Identify the **type of movement** that has taken place at the hip joint from **position A to position B,** the **agonist muscle** that has caused this movement and the plane this movement has taken place in (3 marks)

ii) Evaluate the importance of muscular endurance to a trampoline performer when performing a routine (3 marks)



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(8-9) AO3