**Movement Analysis**

1. What is a plane of movement? (1)

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1. What is an axis of rotation? (1)

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1. What are the three planes of movement that pass through the human body? (3)

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1. What are the three axes of rotation that pass through the human body? (3)

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1. Match the planes of movement with the correct description (3).

| Plane |  | Description |  | Horizontal/Vertical |
| --- | --- | --- | --- | --- |
| Frontal | Divides the body into the left and right hand sides | Horizontal |
| Transverse | Divides the body into the top and bottom | Vertical |
| Sagittal | Divides the body into front and back parts | Vertical |

1. Complete the table identifying and describing the three axes of rotation. (4)

|  |  |
| --- | --- |
| Frontal |  |
|  | Imaginary line that passes from top to bottom through the performer’s centre of mass. |
|  |  |

1. Fill in the missing words from the table below (some words are repeated). (7)

Movement in physical activity and sport can be described using a series of **…………………** and **………………….** There are **……………….** planes of motion that pass through the human body. These are called the **……………………....** plane, the **………………………..** plane and the **……………………………..** plane. This plane divides the body into **………………..** and **……………….** parts. The frontal plane divides the body into front (**…………………………**) and back (**………………………**) parts. The transverse plane lies **……………………………….** and divides the body into top (**……………………….**) and bottom (**…………………………**) parts. This plane is also sometimes referred to as the horizontal plane.

An axis is an imaginary **………………………** line around which a body or body part rotates. Movement at a joint takes place in a plane about an axis. There are **……………………….** axes of rotation. The **…………………………..** axis passes horizontally from **…………………….** (posterior) to **………………………** (anterior). The **……………………………** axis passes **………………………….** from left to right. The **…………………………………** axis is also known as the vertical axis and passes vertically from the bottom (inferior) to the top (superior).

| planes | Transverse | posterior | right | Horizontally |
| --- | --- | --- | --- | --- |
| anterior | Three | longitudinal | frontal | back |
| superior | Sagittal | horizontally | three | straight |
| transverse | Inferior | left | front | axes |
|  |  | Frontal |  |  |

1. Label the planes of movement (3).



1. Label the axes of rotation. (3)

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