

Planes & Axes Mark Scheme

Total Marks - 9

1. The image below shows a cartwheel being performed. Identify the plane and axis about which a cartwheel takes place. **(2 marks)**



Mark One – A cartwheel takes place within the frontal plane

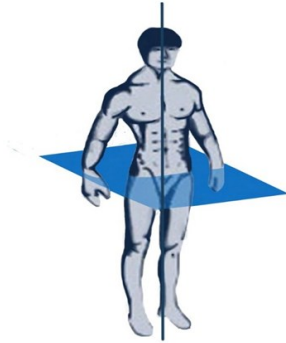
Mark Two – A cartwheel takes place within the sagittal axis

2. The image below shows a runner. What plane of movement does running take place within? **(1 mark)**



Mark One – Running takes place within the sagittal plane

3. Identify the plane and axis shown in the image below. Give an example of a sporting action used within this plane and axis. **(3 Marks)**

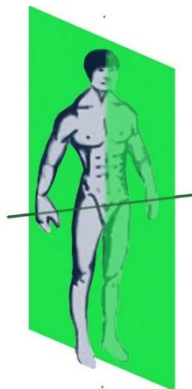


Mark One – The plane being shown is the transverse plane

Mark Two – The axis is the longitudinal axis

Mark Three – Moving through this plane and around this axis will result in a twist jump (within ice skating/trampolining) (Accept discus/hammer throw)

4. Identify the plane and axis shown in the image below. Give an example of a sporting action used within this plane and axis. **(3 Marks)**



Mark One – The plane being shown is the sagittal plane

Mark Two – The axis is the transverse axis

Mark Three – Moving through this plane and around this axis will result in a forward roll/backward roll/somersault