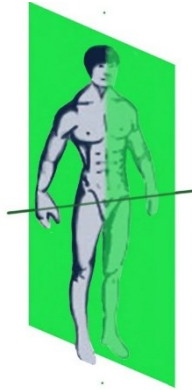


Planes & Axes Mark Scheme

Total Marks - 9

1. 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)**

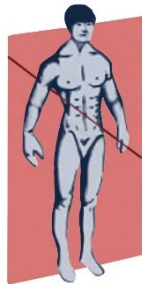


Mark One – The plane being shown is the sagittal plane

Mark Two – The axis is the frontal axis

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

- 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)**

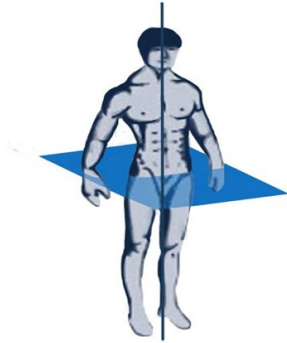


Mark One – The plane being shown is the frontal plane

Mark Two – The axis is the sagittal axis

Mark Three – Moving through this plane and around this axis will result in a cartwheel

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



Mark One – The plane being shown is the transverse plane

Mark Two – The axis is the vertical 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)