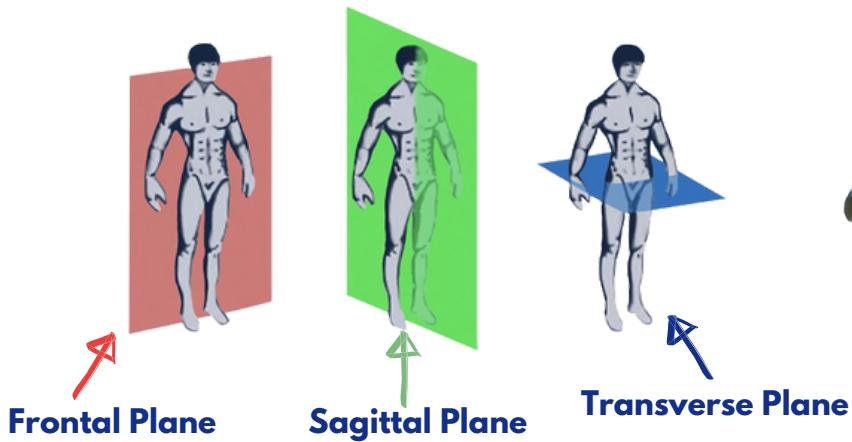


Planes of Movement



Frontal Plane

→ The Frontal Plane divides the body so that there are front and back sections

→ Movement in a sideways direction takes place through the frontal plane



Longitudinal Axis

→ The Longitudinal Axis runs through the body as a vertical line

→ When rotation takes place around the longitudinal axis this will result in spinning taking place

Sagittal Plane

→ The Sagittal Plane splits the body down the middle resulting in a left side and a right side

→ Walking or running forwards results in movement through the sagittal plane



Transverse Axis

→ The Transverse Axis runs from 'hip to hip'

→ When rotation takes place around the transverse axis this will result in a forward or backward roll

PE COMPONENT 1 - PLANES & AXES



Transverse Plane

→ The Transverse Plane divides the body across the middle so that there is a top and bottom section

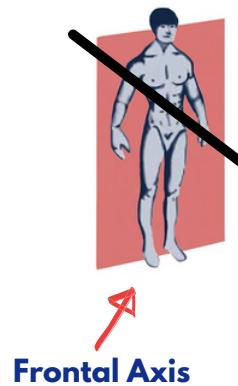
→ Rotational movement such as spinning takes place within the transverse plane



Frontal Axis

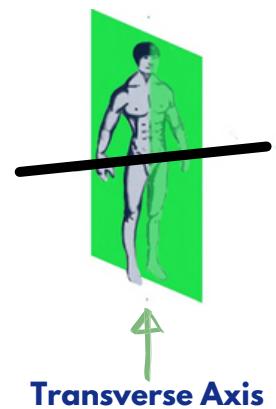
→ The Frontal Axis 'stabs' through the body.

→ When rotation takes place around the frontal axis this will result in a cartwheel taking place

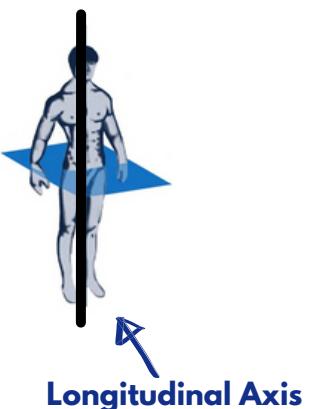


Frontal Axis

Axes of Rotation



Transverse Axis



Longitudinal Axis