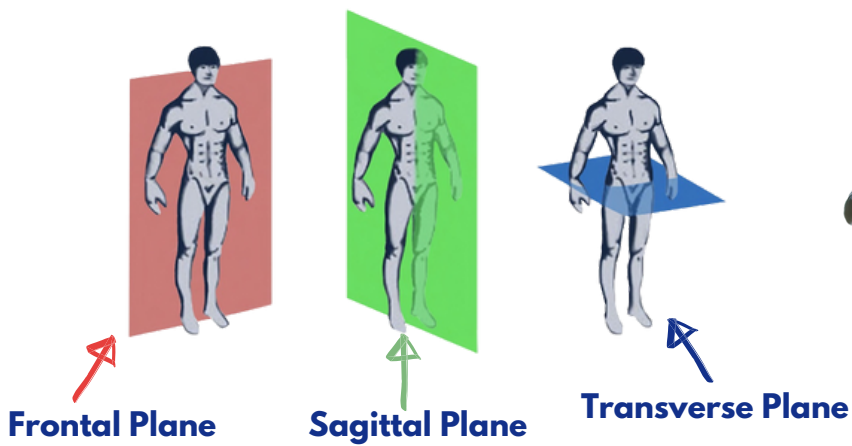


## Planes of Movement



## 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



## Sagittal Plane

→ The Saggital 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



## 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

# PE COMPONENT 1 - PLANES & AXES

## 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



## 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



## Axes of Rotation

