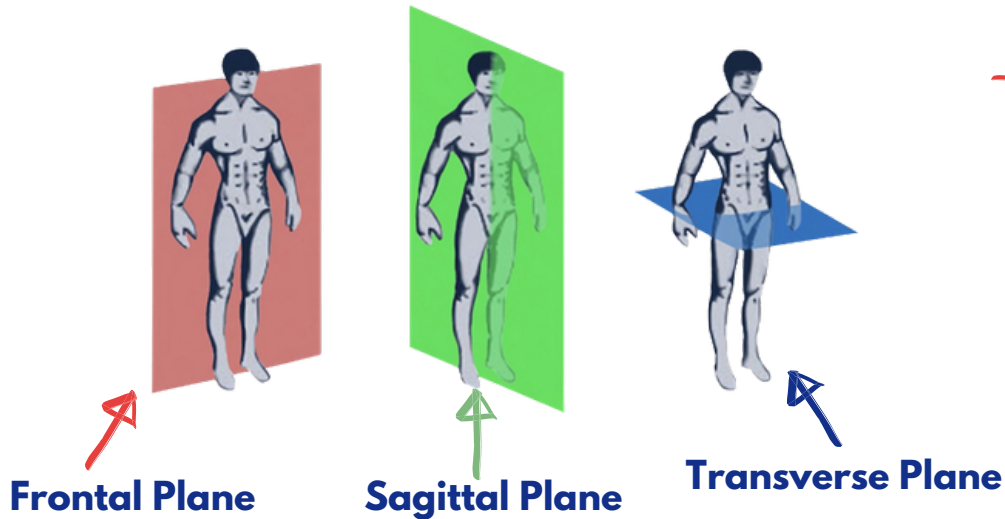


Planes of Movement



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



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



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



Transverse Axis

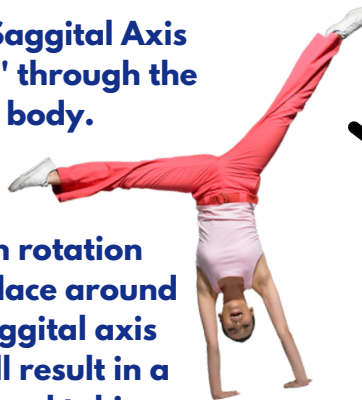
- The Transverse Axis runs from 'hip to hip'.
- When rotation takes place around the transverse axis this will result in a forward or backward roll



PE COMPONENT 1 - PLANES & AXES

Sagittal Axis

- The Saggital Axis 'stabs' through the body.
- When rotation takes place around the saggital axis this will result in a cartwheel taking place



Axes of Rotation

