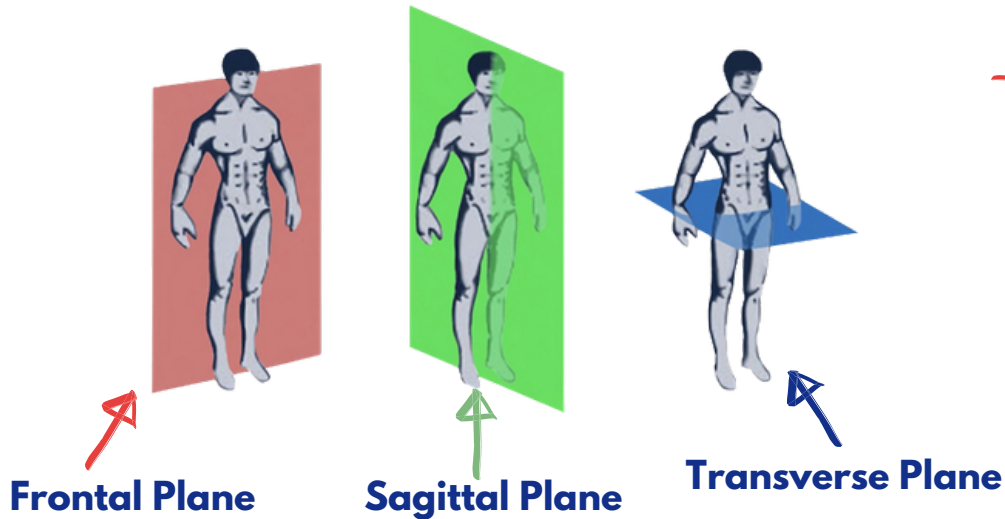


Planes of Movement



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 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 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



Vertical Axis

- The Vertical Axis runs through the body as a vertical line.



- When rotation takes place around the vertical axis this will result in spinning taking place

Frontal Axis

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



PE COMPONENT 1 - PLANES & AXES

Sagittal Axis

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



Axes of Rotation

