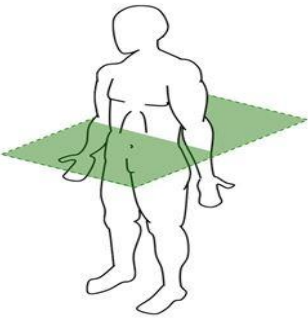
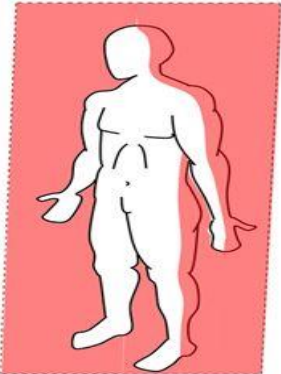
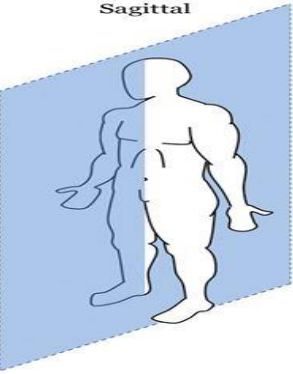
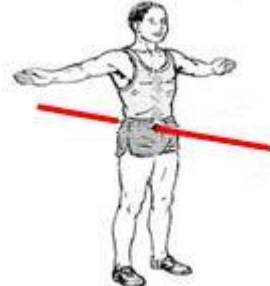
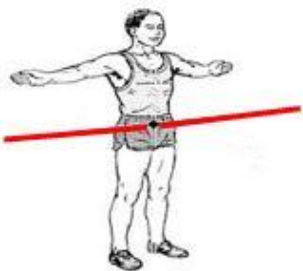
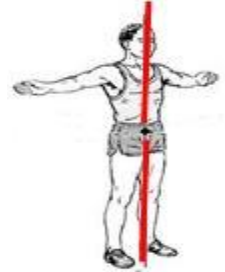


Planes of Movement

Plane of movement	Movement allowed	Sporting examples
<p>Transverse</p> 	<p>Rotation</p>	<ul style="list-style-type: none"> • Ice skating 360° spin • Pirouette • Rotation in a golf swing
<p>Frontal</p> 	<p>Side to Side movements</p> <ul style="list-style-type: none"> • Abduction • Adduction 	<ul style="list-style-type: none"> • Jumping Jacks • Cartwheels • Star Jumps • Abduction of hip in breaststroke • Abduction of shoulder when shooting in netball
<p>Sagittal</p> 	<p>Up and down movements</p> <ul style="list-style-type: none"> • Flexion • Extension 	<ul style="list-style-type: none"> • Bicep curl • Leg action in running • Elbow flexion in the Javelin throw • Somersault

Axes of Movement

Plane of movement	Movement allowed	Sporting examples
<p>Frontal –runs horizontally from the front to the back of your body</p> 	<p>Sideways rotation</p> <p>(works with frontal plane)</p>	<ul style="list-style-type: none"> • Cartwheel
<p>Transverse – Passes horizontally from left to right of your body</p> 	<p>Forwards rotation</p> <p>(works with sagittal plane)</p>	<ul style="list-style-type: none"> • Somersault
<p>Longitudinal – Passes vertically from the top to the bottom of your body</p> 	<p>Vertical rotation</p> <p>(works with transverse plane)</p>	<ul style="list-style-type: none"> • Ice skating 360° spin • Pirouette • Rotation in a golf swing