GCSE PE Learning Journey: Topic 2 - Movement Analysis

Step 6: Movement

Movement in the transverse plane about the vertical axis when performing a full twist in trampolining



Movement in the frontal plane about the sagittal axis when performing cartwheels



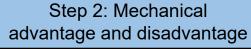
Step 3: Planes and axes of movement

Movement patterns using body planes and axes. Sagittal, frontal and transverse planes and frontal, sagittal and transverse axes applied to sporting actions



Step 4: Movement

Movement in the sagittal plane about the frontal axis when performing somersaults



In relation to loads, efforts and range of movement of the body's lever system and impact on performance



Step 1: Lever systems

1st, 2nd and 3rd class levers and their use in sport













