



Year 10 Physical Education – Movement Analysis SPRING 1

ONE: Key Vocabulary

Word	Definition
Frontal plane	An imaginary line which divides the body from front to back vertically.
Sagittal plane	An imaginary line which divides the body vertically into left and right sides.
Transverse plane	An imaginary line which divides the body horizontally from front to back.
Frontal axis of rotation	An imaginary line which passes through the body horizontally from left to right, allowing flexion and extension.
Longitudinal axis of rotation	An imaginary line which passes through the body from front to back, allowing abduction and adduction.
Transverse axis of rotation	Allows only forward and backward movement (flexion and extension) in the sagittal plane around this axis.
1st Class Levers	A lever in which the fulcrum is positioned between the load and the effort.
2nd Class Lever	A class 2 lever has the load and the effort on the same side of the fulcrum, with the load nearer the fulcrum.
3rd Class Lever	The effort is placed between the load and the fulcrum, and the effort must travel a shorter distance and be greater than the load.
Mechanical advantage	A second class lever allows a large load to be moved with a small amount of effort.

