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| **1.1c** | **Lever Systems**  |
| **Ways to remember** * 1st F
* 2nd L
* 3rd E

Which lever/levers have mechanical advantage? What is mechanical advantage? | **1st Class** **Draw & example** | **2nd Class** **Draw & example** | **3rd Class****Draw & example** |

|  |  |
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| 1.1c | **Planes of movement and Axes of rotation** |
| **State the 3 Planes of movement** Draw and give sporting example for each. | 1.  | 2.  | 3.  |
| **State the 3 Axes of rotation**Draw and give sporting example for each. | 1.  | 2.  | 3.  |