**TOPIC 1.1.C – REVISION MAT**

1. I can identify the location of the planes of movement in the body.
2. I can explain the three classes of levers used in physical activity and sport.
3. I can identify the location of the axes of rotation in the body.

**LEVERS:**

1ST CLASS:

2ND CLASS:

3RD CLASS:

**AXES OF ROTATION:**

FRONTAL:

TRANSVERSE:

LONGITUDINAL:

**MOVEMENT ANALYSIS**

**PLANES OF MOVEMENT;**

FRONTAL:

TRANSVERSE:

SAGITTAL:

**MECHANICAL ADVANTAGE;**