The PE Classroom

Key Terms - Movement Analysis

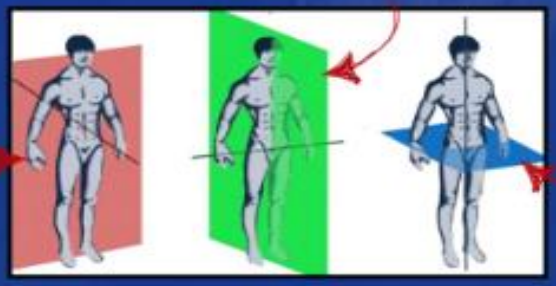
Sagittal Plane

Frontal Plane

Transverse Plane

Frontal Axis

Sagittal Axis



Vertical Axis

Planes and Axes of Movement

Plane – An imaginary line dividing the body vertically into left and right sides

Axis - An imaginary line dividing the body vertically from front to back.

Sagittal Plane - Splits the body down the middle resulting in a left side and a right side.

Frontal Plane - Divides the body so that there are front and back sections.

Transverse Plane (AKA Horizontal Plane) - Divides the body across the middle (horizontally), giving a top section and a bottom section.

Frontal Axis - From hip to hip.

Vertical Axis - Vertical line - top to bottom.

Sagittal Axis - Stabs through the body.

Lever Systems

Fulcrum – The point around which the lever rotates.

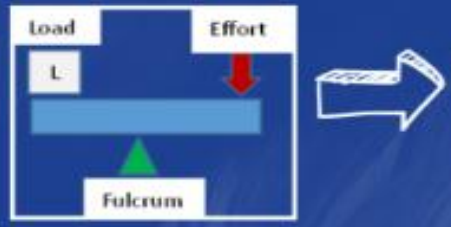
Load – The force of the thing that you want to move.

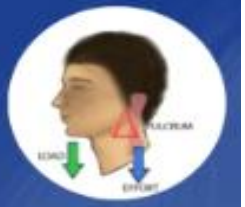
Effort – The force that is applied by the user of the lever system.

Mechanical Advantage – A large load can be lifted with relatively little effort.

Mechanical Disadvantage – Takes a lot of effort to lift a relatively small load.

First Class Lever System:





Second Class Lever System:

Third Class Lever System: