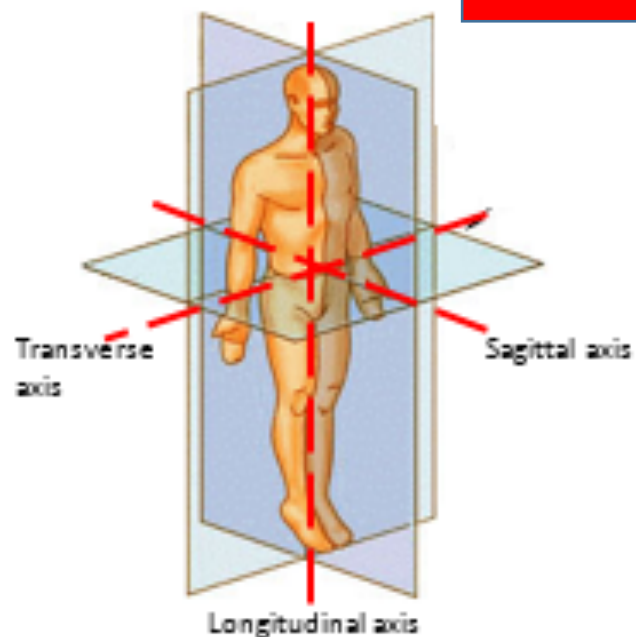
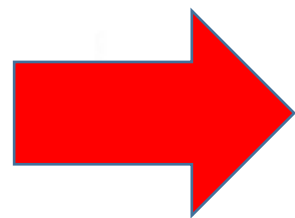
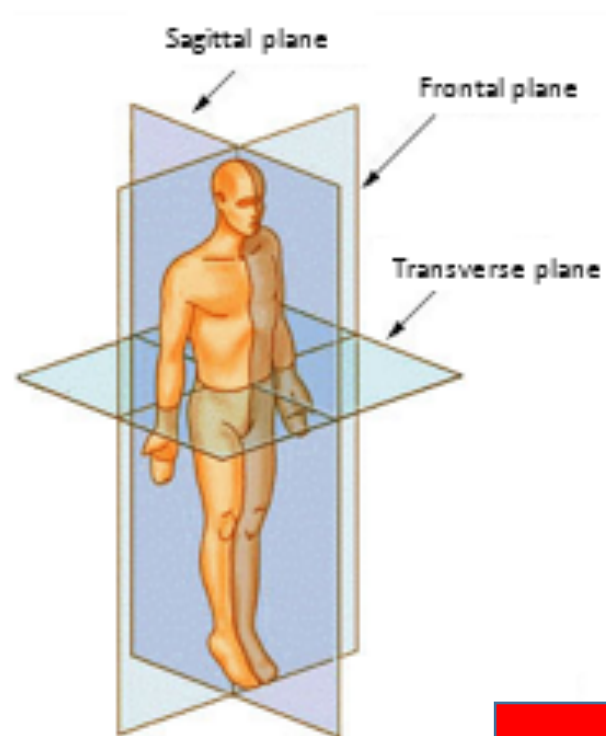


## Paper 1: Movement analysis – planes and axes



### Front somersault

Plane: Sagittal  
Axis: Transverse



### Discus throw

Plane: Transverse  
Axis: Longitudinal



### Cartwheel

Plane: Frontal  
Axis: Sagittal



### Cycling

Plane: Sagittal Plane  
Axis: Transverse



### Relationship between Health and Fitness

