



The Nobel School

OCR A LEVEL PE

SUMMER TASK



Name: _____



Tasks.

Task 1: Using your notes from today's lesson, complete the table below.

Type of plane	Description	Sporting Example
Frontal		
Transverse		
Saggital		

Task 2: You need to create an information sheet/booklet detailing the different types of movements that are possible at each joint. Focus on the following: Abduction, Adduction, Rotation, Flexion and Extension.

Each movement should include the following:

- **Name of movement**
- **Definition – describe it!**
- **Name of joints where this movement is possible.**
- **Name of the plane of movement**
- **A photo of you doing the correct movement – labelled.**

Example (Flexion and Extension):

Flexion is a movement in the sagittal plane, which decreases the angle at the moving joint. Extension is the opposite movement, which increases the angle at the joint. Many types of joints are capable of flexion and extension (hinge; ball and socket; saddle) including the shoulder, elbow, wrist, hip and knee.

