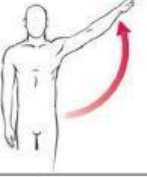
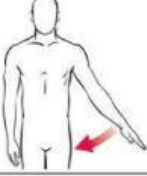
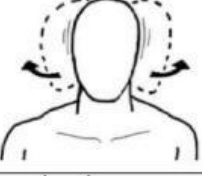


1.3 Movement at Joints

	Name of movement	Sporting Example
		
		
		
		
		
		
		
➤ turning the head to breathe in front crawl (neck) ➤ pivoting in netball (hip)		➤ a sprinter in the blocks ➤ a swimmer on the starting blocks
➤ Striking the ball in football (hip) ➤ Performing a bicep curl (elbow)		➤ butterfly stroke (shoulder) ➤ goalkeeper save (shoulder)
➤ Gymnast pointing their toes ➤ Long jump take off		➤ Blocking a spike in volleyball (elbow) ➤ Long jump take off (hip)
➤ pass with the instep in football (hip) ➤ breaststroke kick (hip)		