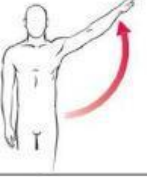
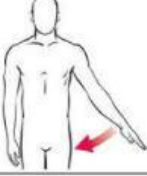
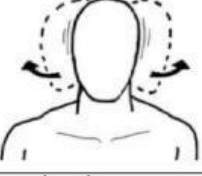


### 1.3 Movement at Joints

|                                                                                                                                            | Name of movement | Sporting Example                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------|------------------|--------------------------------------------------------------------------------------------------------------------------------|
|                                                           |                  |                                                                                                                                |
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|                                                         |                  |                                                                                                                                |
| <ul style="list-style-type: none"> <li>➤ turning the head to breathe in front crawl (neck)</li> <li>➤ pivoting in netball (hip)</li> </ul> |                  | <ul style="list-style-type: none"> <li>➤ a sprinter in the blocks</li> <li>➤ a swimmer on the starting blocks</li> </ul>       |
| <ul style="list-style-type: none"> <li>➤ Striking the ball in football (hip)</li> <li>➤ Performing a bicep curl (elbow)</li> </ul>         |                  | <ul style="list-style-type: none"> <li>➤ butterfly stroke (shoulder)</li> <li>➤ goalkeeper save (shoulder)</li> </ul>          |
| <ul style="list-style-type: none"> <li>➤ Gymnast pointing their toes</li> <li>➤ Long jump take off</li> </ul>                              |                  | <ul style="list-style-type: none"> <li>➤ Blocking a spike in volleyball (elbow)</li> <li>➤ Long jump take off (hip)</li> </ul> |
| <ul style="list-style-type: none"> <li>➤ pass with the instep in football (hip)</li> <li>➤ breaststroke kick (hip)</li> </ul>              |                  |                                                                                                                                |