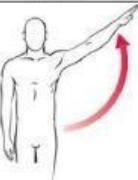
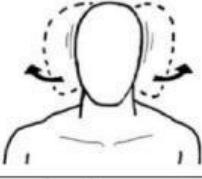


1.3 Movement at Joints

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