


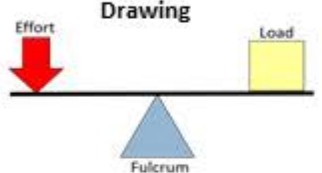

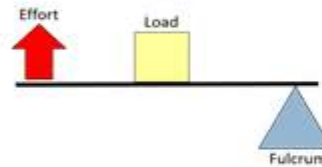

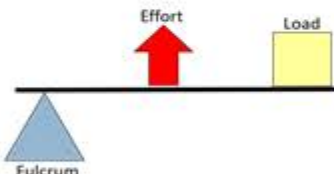

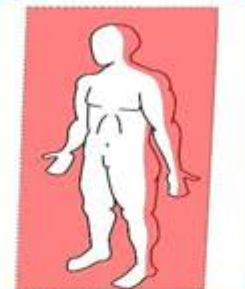
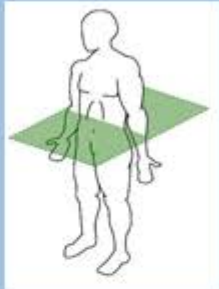









TURTON SCHOOL YEAR 10 PE KNOWLEDGE ORGANISER – TOPIC 2.1: MOVEMENT ANALYSIS





Fulcrum (F)	Load (L)	Effort (E)
A fixed pivot point 	The weight/resistance to be moved 	The source of energy that will be applied 

Classes of lever	Drawing	Example	F	1st
First class lever:			F	1st
Second class lever:			L	2nd
Third class lever:			E	3rd

Frontal plane	Transverse plane	Sagittal plane
A vertical plane divides the body into front and back. 	A horizontal plane divides the body into upper and lower halves. 	A vertical plane divides the body into right and left. 

Sagittal plane	Vertical plane	Frontal plane
Runs through the body horizontally from the back to front. 	Runs through the body vertically from the top to bottom. 	Runs through the body horizontally from left to right. 
Example: Cartwheel 	Example: Full twist 	Example: Somersault 

Mechanical Advantage	Mechanical Disadvantage
This is where a lever's effort arm is greater than its load arm . Large loads can be moved with limited effort.  	This is where a lever's load arm is longer than its effort arm . Can only move light loads, but can be done at speed. 