AS LEVEL PE - PROGRESS / TRACKING SHEET

MOVEMENT ANALYSIS

TARGET GRADE	
Current Working at Grade	

	Start of Unit			Interim Check			End of Unit		
TOPICS	R	A	G	R	A	G	R	A	G
I can identify the type of joint and articulating bones for the ankle, knee, hip, elbow and shoulder									
I can recognise the actions in these joints that occur in a sagittal plane/transverse axis as flexion, extension, hyper-extension, plantar-flexion and dorsi-flexion									
I can identify the actions that occur in these joints in a frontal plane/sagittal axis as abduction and adduction									
I can recognise the actions that occur in these joints in a transverse plane/longitudinal axis as horizontal abduction and horizontal adduction									
I can state the main agonists and antagonists for the actions occurring at these joints									
I can explain the types of muscle contraction: isotonic (concentric, eccentric) and isometric									
I can apply the types of muscle contraction to sporting examples									