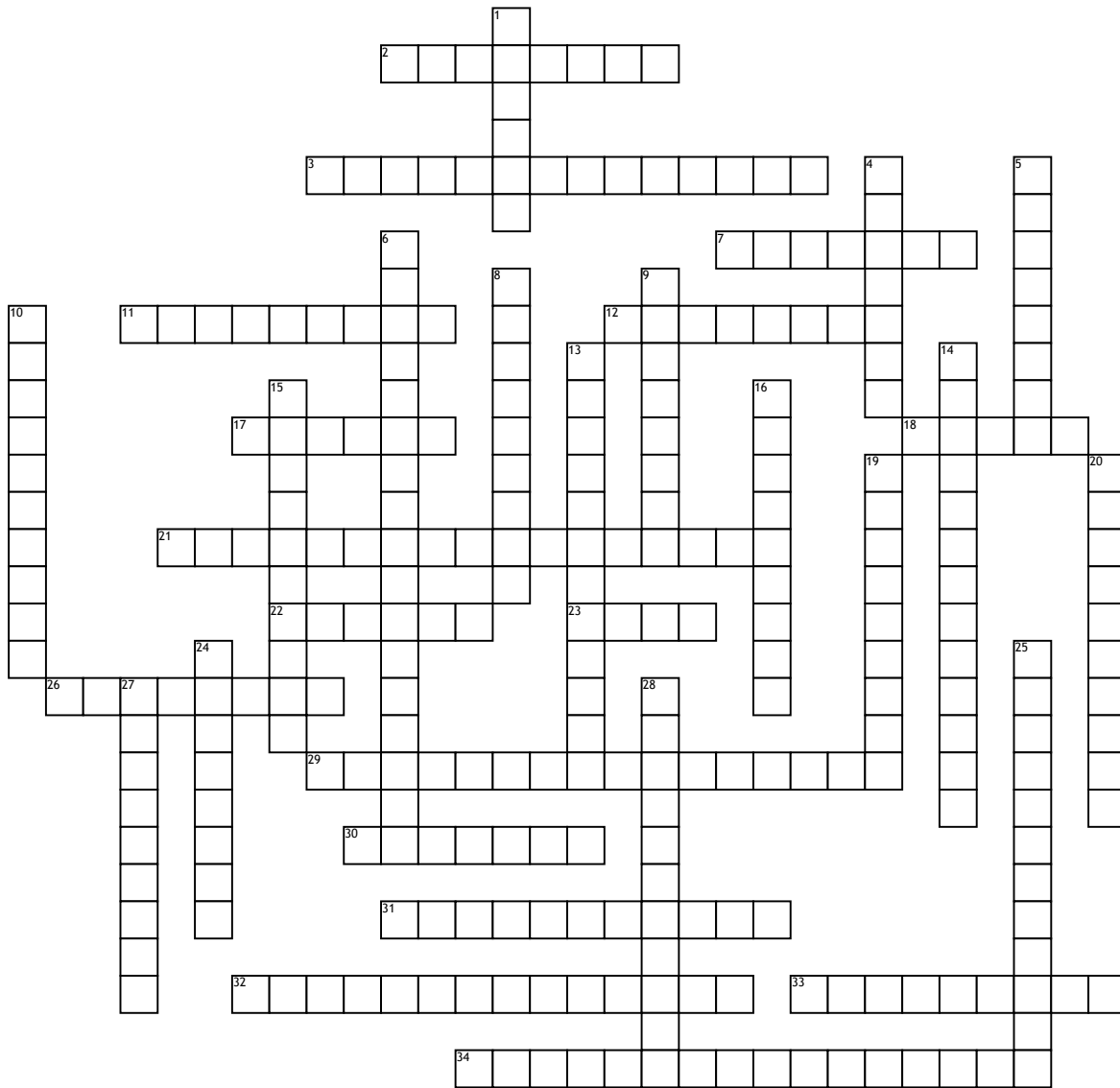


Name: _____

Date: _____

Directional and Motion Terminology Review



Across

- 2. A backflip is an example of movement in this plane
- 3. Flexion of your ankle so your toes are father from your knee
- 7. A jumping jack is an example of movement in this plane
- 11. Your elbow in anatomical position
- 12. Your feet are _____ to your head
- 17. Closer to the midline of the body
- 18. Your hands while you are typing on a computer
- 21. A cart wheel is an example of movement about this axis
- 22. Your hands while you are holding soup
- 23. Closer to the inside of your body
- 26. Your head is _____ to your feet
- 29. Rotation away from the midline of the body

Down

- 1. Greater DISTANCE from a point of reference
- 4. Further from the midline of the body
- 5. Foot tilted so the bottom of your foot faces away from the midline of your body
- 6. A front flip is an example of movement about this axis
- 8. Your arms and legs if you jump from a star position back into anatomical position
- 9. Your belly button is on the _____ side of your body
- 10. Bringing your jaw to a posterior position
- 13. A 360 is an example of movement about this axis
- 14. Your shoulder joint while doing arm circles
- 15. Dropping your shoulders to an inferior position
- 16. Foot tilted so the bottom of your foot faces to the midline of your body
- 19. Your arms and legs if you jump from anatomical position into a star position
- 20. A 360 is an example of movement in this plane
- 24. Closer to a point of reference
- 25. Flexion of your ankle so your toes are closer to your knee
- 27. Your back is on the _____ side of your body
- 28. Bringing your jaw to a more anterior position