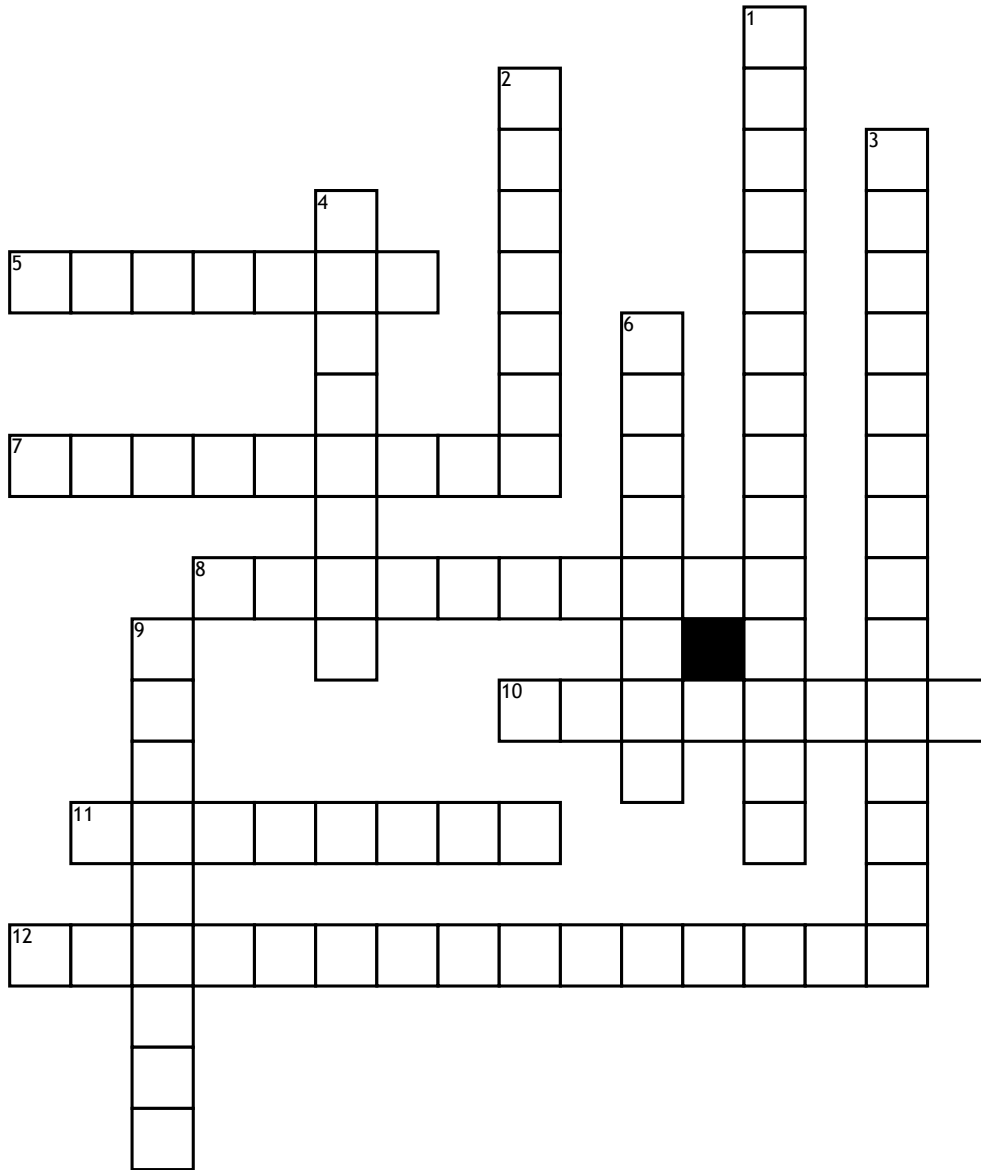


Name: _____

Directions/Planes/Movements



Across

- 5. This plane cuts the body into front and back halves.
- 7. Moving the limbs closer to the midline of the body.
- 8. This plane cuts the body into superior and inferior halves.

10. Closer to the trunk of the body.

- 11. Toward the front.
- 12. Rotation of a limb away from the midline.

Down

1. Moving your foot farther from your shin; pointing your foot.

2. Decreasing the angle of a joint (bending).

3. Moving the wrist toward your pinky.

4. This plane cuts the body into left and right halves.

6. Below

9. Rotation of the palm downward.