



Selibeng sa thuto ea masapo le mesifa Paray Hospital

Physio questions 15, Movement development 5

1. Why is rolling so important for developing movements
2. Describe two exercises of body rolling
3. Describe two exercises of partial body rolling
4. Describe the three planes of movements (regarding space)
5. When an adult person is walking straight forward, in which plane does the hip and knee joint move
6. If you rotate the head in an upright position from the left to the right, in which plane does the movement take place
7. How can the big ball help you to develop rotation skills

Enjoy answering these questions and if you like to send them back to me, you will find an envelope enclosed.

Sala hantle
Ntate Thuso