

Write Names Below in Chart: Date: _____ Period: _____

Body Planes & Directions, Quads & Regions-Group Activity

Instructions: Groups of 2-3 learners.

Have learners stand far enough apart to allow arm movements.

Review the terms below and the movement or placement that represents each one.

Each learner will take turns calling out the terms.

As each term is called, learners make the appropriate movement.

Document at least 3 perfect attempts for each learner.

Extra Challenge: Each time you go through the list, pick up the pace.

MOVEMENTS/PLACEMENT LIST

(May use yard stick)

Sagittal plane—Up-and-down hand movement, as if cutting, with fingers pointing at the midline or long axis of the body.

Frontal plane—Up-and-down hand movement, as if cutting, with fingers pointing at the side of the body.

Horizontal plane—Side-to-side hand movement, as if cutting, at the waist.

Ventral and anterior—Pat the front of the body.

Dorsal and posterior—Pat the back of the body.

Superior and cephalic—Raise the arm and point upward.

Inferior and caudal—Lower the arm and point downward.

Proximal—Touch the humerus (upper arm) near the shoulder.

Distal—Touch the humerus (upper arm) near the elbow.

Medial—Point toward the midline (middle of the body).

Lateral—Point toward the side away from the midline (middle of the body).

9 Abdominal Regions—R/L Hypochondriac, Epigastric, Umbilical, Hypogastric, R/L Lumbar, R/L Iliac

4 Quadrants—R/L

**** Place a check to document at least 3 perfect attempts for each learner.**

Learner:	Attempt #1	Attempt #2	Attempt #3 (Teacher Observation)