

	does anything that extends the limb, rackets, and paddles. Three parts to levers, axis, resistance, force. Levers increase speed or force.	move the paddle.	
Balance	About being stable. An important principle is the centre of gravity over the base of support.	Basketball: Being stable on the court and moving the ball with you.	Soccer: having balance while dribbling the ball

Laws of Motion

First law: Inertia

Second law: Acceleration

Third law: Reaction

	1 st Law	2 nd Law	3 rd Law
Definition	Newton's first law states that an object at rest will stay at rest until an outside force is acted upon it	$F = MA$ Also says that it takes more force to move an object with more mass.	
Example used	hat		
Other examples from YouTube			
Own Sport example			
Athletes Example			

Motor program is used to break down complex movement patterns into small sets of movement

Basketball when shooting a basket, start by having ball at chest rising up over head push the ball out then jumping for more force then release the ball.

Elbow, Knee, Ankle, Wrist

Ankle

Abduction: away