

## RAPID MOVEMENT CAPTURE

Using the rapid function on your device's camera, stand side on to your partner as they perform a sporting action, such as kicking a ball, shooting a hoop, or doing a push up.

Choose still photographs from the beginning, middle and end of the action, then put these into a slide side-by-side, like below:

BEGINNING IMAGE	MIDDLE IMAGE	END IMAGE

- Use the draw tool to show the muscle pair, bones and joints being used, including the direction they are going, like below:



Pushes off the foot, pushing the thigh bone forward, this lengthens the hamstring.



Pulls the shin bone back, shortening the hamstring and lengthening the quadricep.



Pushes the shin bone forward, lengthening the hamstring and shortening the quadricep

- Record a narration over these images to explain how when one muscle is contracting, the other is extending and they are working in combination to move the attached bone to complete the action.
- Then explain any risks of injury. For example, when kicking, the leg could over-extend, causing a hamstring injury.
- Continue to record instructions for how to prevent or treat this injury. They should include a new slide on the RICE method for treating injuries.