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| **1.1c** | **Lever Systems** | | |
| **Ways to remember**   * 1st F * 2nd L * 3rd E   Which lever/levers have mechanical advantage? What is mechanical advantage? | **1st Class**  **Draw & example** | **2nd Class**  **Draw & example** | **3rd Class**  **Draw & example** |

|  |  |  |  |
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| 1.1c | **Planes of movement and Axes of rotation** | | |
| **State the 3 Planes of movement**  Draw and give sporting example for each. | 1. | 2. | 3. |
| **State the 3 Axes of rotation**  Draw and give sporting example for each. | 1. | 2. | 3. |