

**K to 12 BASIC EDUCATION CURRICULUM
SENIOR HIGH SCHOOL – SPORTS TRACK**

Grade: 11

Core Subject Title: Human Movement

Semester: First

No. of Hours/Semester: 80 hours/semester

Pre-requisite (if needed):

Core Subject Description: This course covers topics on the origin, control, and learning of motor skills appropriate for various needs and skill levels.

| CONTENT | CONTENT STANDARD | PERFORMANCE STANDARD | LEARNING COMPETENCIES | CODE |
|--|---|---|---|-----------------------|
| HUMAN MOVEMENT I. Movement screen (assessment) | <i>The learner...</i> demonstrates understanding of movement analysis for efficient and effective performance. | <i>The learner...</i> administers accurately movement screens. | 1. describes the nature, purpose, and procedures of movement screens; | SP_HM11-Ia-c1 |
| | | | 2. interprets the results of the movement screen; | SP_HM11-Id-f-2 |
| | | | 3. relates screen result to current performance; | SP_HM11-Ig-i-3 |
| | | | 4. exhibits appreciation of the value of measurement for efficient and effective performance; | SP_HM11-Ia-t-4 |
| II. Motor skill acquisition | demonstrates understanding of different theories of motor control and learning for efficient and effective performance. | designs sound practice sessions. | 5. explains the different theories of motor control and learning; | SP_HM11-Ij-k-5 |
| | | | 6. identifies course of action appropriate for various needs and skill levels; | SP_HM11-II-n-6 |
| | | | 7. modifies course of action based on feedback; and | SP_HM11-Io-t-7 |
| | | | 8. recognizes the value of quality of practice for efficient and effective performance. | SP_HM11-Ia-t-8 |

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Code Book Legend

Sample: SP_HM11-Ia-c1

| LEGEND | | SAMPLE | |
|--|---|---|----------------|
| First Entry | Learning Area and Strand/ Subject or Specialization | Sports | SP_HM11 |
| | Grade Level | Grade 11 | |
| Uppercase Letter/s | Domain/Content/ Component/ Topic | Human Movement | |
| | | | - |
| Roman Numeral <i>*Zero if no specific quarter</i> | Quarter | First Quarter | I |
| Lowercase Letter/s <i>*Put a hyphen (-) in between letters to indicate more than a specific week</i> | Week | Week one to three | a-c |
| | | | - |
| Arabic Number | Competency | describes the nature, purpose, and procedures of movement screens | 1 |