

**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