

**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:

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 screening.	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

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References:

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- Centers for Disease Control and Prevention. *School-based Physical Education: Working with Schools to Increase Physical Activity among Children and Adolescents in Physical Education Classes. An Action Guide*. 2009, <http://www.prevent.org/actionguides>
- Centers for Disease Control and Prevention. *The Association between School-based Physical Activity, including Physical Education, and Academic Performance*. Atlanta, GA: U.S. Department of Health and Human Services, 2010.
- Michigan Department of Education. *Physical Education Content Standards and Benchmarks*. Michigan: Michigan Department of Education, 2007.
- Ministerial Committee for School Sport and Physical Activity. *Review Report: Future Development of School Sport and Physical Activity Presented to the Minister for Education and Training and Minister for the Arts*. Queensland Government: Department of Education, Training and the Arts, 2007.
- National Association for Sport and Physical Education (2009). *Appropriate Instructional Practice Guidelines, K-12: A Side-by-side Comparison*. 2009, www.naspeinfo.org
- National Association for Sport and Physical Education (NASPE). *Appropriate Instructional Practice Guidelines for Elementary School Physical Education: A Position Statement from the National Association for Sport and Physical Education (3rd edition)*. 2010, www.naspeinfo.org
- National Association for Sport and Physical Education. *College/University Physical Activity Instruction Programs: A Critical Piece in the Education of Young Adults*. 2007, www.aahperd.org/naspe.
- National Association for Sport and Physical Education. *Comprehensive School Physical Activity Programs*. 2008, www.aahperd.org/naspe.
- National Association for Sport and Physical Education. *Moving into the Future: National Standards for Physical Education, 2nd Edition*. Reston, VA: National Association for Sport and Physical Education, 2004.
- National Association for Sport and Physical Education. *The Scope and Sequence of Fitness Education for PReK-16 Programs: NASPE Fitness Education Project*. 2013, www.aahperd.org/naspe
- Rusby, Sheelagh. *Physical Education: A Policy Statement*. UK: Dumfries & Galloway, 2013.
- SPARK. *Scope and Sequence: Early Childhood through High School*. 2007, <http://www.sparkpe.org/scope.pdf>
- UNESCO. *UNESCO: International Charter of Physical Education and Sport*. 2015, <http://unesdoc.unesco.org/images/0023/002354/235409e.pdf>