HOTS IN SPORTS

by:
Janice H. Alcance
Teacher I, MAPEH, Balsik NHS

Teachers of Music, Arts, Physical Education and Health [MAPEH] equip themselves with specialized teaching methods. They explain the human body, as well as the science and art of movement. They introduce designs, colors, rhythms, dances, songs and cultures of the world.

Physical Education and Health as two of the areas of MAPEH are combined when teachers deliver these to students. For one must be mentally and physically fit for sports. Sports play a vital role in the life of the students. It builds their self-confidence and self-esteem. Students discover their potential and teachers lead them to become achievers.

Teaching sports is one of the component in Physical Education [PE]. The teachers utilize different teaching strategies to make teaching-learning process not only attainable but also an enjoyable one specially on the part of their students. One of which is the application of higher order thinking skills.

There are teaching strategies that enhance higher order thinking according to Cox. She stated that one of the main 21st components that teachers want their students to use are higher order thinking skills. In this way, students use complex ways to think about what they are learning. Higher-order thinking takes thinking to a whole new level. Students using it are understanding higher levels rather than just memorizing facts. They will have to understand the facts. Infer them, and connect them to other concepts.
Higher order thinking skills in sports requires students to demonstrate an understanding of information. Students may show this by applying learning. HOTS in sports guide them in prioritizing, processing, problem solving and decision making.

Higher order thinking skills can be applied to all subject areas [Guevarra, 1999]. These lead the students to the objectives of the lesson and guide them how to attain them. In sports, several thinking tools in the higher order thinking skills are adapted [Sacdalan, 1999].

1. SIP [State Important Purposes] This thinking tool will help the students to focus their attention and actions to the purpose or objective of the lesson. SIP gives them direction and lessens problems or obstacles in the teaching-learning process.

2. PIN [Positive, Interesting and Negative] This thinking tool makes them an open minded person and one who is capable of making correct choices. This can be applied by simply concentrating on the different aspects of a situation or an idea. One, has to identify the positive, interesting and negative aspects of the idea.

3. FOR [Formulate Rules] This thinking tool provides a neat and well-defined thinking situation. This help in preventing confusion. It enables the students to enjoy certain activities as in games.

4. LAF [List All Factors] This thinking tool will help them acquire the habit of studying situation first before rushing to a judgment or conclusion. This will help develop the habit of examining every sides and considering its importance, also considering possible factors that might have been neglected or omitted and which are important.
5. **TAC [Think About Consequences]** This thinking tool enables them to see the outcome of their decisions or actions. One may think what is necessary before making any action or plan in life. Before making any action, plan or decision, they should take into consideration how other people will be affected by their actions. In this way they learn to be considerate.

6. **LOV [Look at Other’s Viewpoint]** This thinking tool will enable them to tell how other people think about a particular situation or problems and see things from another person’s point of view at a situation from a wider perspective.

Always remember to use the thinking tools when selecting a task to do and evaluate performance. Knowledge of the tool will enable the teaching-learning process to be interesting and challenging to our students. This provides opportunity for them to apply learning.

**References:**