

## Levels of the Psychomotor Domain

### 1. Perception

- **Explanation:** Recognizing and interpreting sensory cues to guide movement.
- **Verbs Used:** Detect, recognize, differentiate, identify.
- **Example:** A basketball player judging the ball's speed and direction before catching it.

### 2. Set

- **Explanation:** Readiness to act, showing mental, physical, and emotional preparation.
- **Verbs Used:** Prepare, position, react, arrange.
- **Example:** A sprinter getting into the starting position before a race.

### 3. Guided Response

- **Explanation:** Learning a skill through imitation or trial and error.
- **Verbs Used:** Imitate, follow, repeat, reproduce.
- **Example:** A beginner chef following a cooking tutorial step by step.

### 4. Mechanism

- **Explanation:** Performing a skill with coordination and some proficiency after practice.
- **Verbs Used:** Perform, execute, operate, manipulate.
- **Example:** A student playing a simple song on the piano without looking at the keys.

### 5. Complex Overt Response

- **Explanation:** Performing a skill with high efficiency, control, and precision.
- **Verbs Used:** Master, control, refine, coordinate.
- **Example:** A surgeon performing a delicate operation with accuracy.

### 6. Adaptation

- **Explanation:** Modifying a learned skill to fit new or different situations.
- **Verbs Used:** Adjust, modify, alter, adapt.
- **Example:** A soccer player adjusting their dribbling technique to different playing surfaces.

### 7. Origination

- **Explanation:** Creating new movement patterns based on learned skills.
  - **Verbs Used:** Design, construct, create, invent.
  - **Example:** A choreographer creating an original dance routine.
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**Explain briefly on the 3 theories of learning ie constructism, behaviourism, social cognitive theory**

## 1. Constructivism

- **Explanation:** Learners actively construct their own knowledge based on experiences. Learning is student-centered, and teachers act as facilitators.
- **Key Idea:** Knowledge is built through exploration, problem-solving, and reflection.
- **Example:** A student learns math by solving real-life problems rather than memorizing formulas.

## 2. Behaviorism

- **Explanation:** Learning occurs through conditioning, where behaviors are shaped by rewards and punishments. The environment plays a crucial role.
- **Key Idea:** Repetition and reinforcement lead to behavior change.
- **Example:** A teacher gives praise or rewards when students answer correctly, reinforcing good behavior.

## 3. Social Cognitive Theory

- **Explanation:** Learning happens through observation, imitation, and modeling. People learn by watching others and considering consequences before acting.
- **Key Idea:** Learning is influenced by both environment and internal thought processes.
- **Example:** A child learns social skills by watching and imitating parents or peers.