

## THE DIGITAL AGE OF MAPEH INSTRUCTION

by:

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There is a huge difference between the traditional and modern techniques of teaching MAPEH. The traditional approach might have been proven effective in the last few decades, yet, it may not be as successful for today's new normal set-up. Our educational system has evolved from utilizing printed textbooks to digital self-learning modules, from face-to-face instruction of a specific skill set to asynchronous learning through instructional videos, and from pen and paper assessments to interactive and real-time evaluation using the various computers and mobile applications.

Teachers should be well-equipped with new trends in education and MAPEH teachers are no exceptions. Besides regular training on content and pedagogy which are initiated by the Department of Education, they should also consider upgrading themselves in terms of educational technology. The Internet has a vast collection of instructional materials which can be employed in teaching a myriad of topics related to arts and music. There are also instructional videos that may be utilized for physical education classes. Whether it's synchronous or asynchronous online distance learning, there's a myriad of free valuable applications which may turn each dreary class into an exhilarating one.

Videos and infographics are innocuous ways to share suitable information with learners and can thus be exploited during class discussions. These videos and infographics may either be downloaded from the Internet or be made personally by the teacher. It should however be noted that certain limitations when it comes to intellectual

property rights should be considered. Proper references, as well as citations, should be made before or after the utilization of downloaded materials.

When it comes to digital assessments, a variety of programs are ready for consumption such as the use of online forms from Google and Microsoft. For a more interactive and appealing measurement of what the students have learned, websites such as Quizzalize and Kahoot may be considered. Some of these applications may even provide a thorough score and item analyses of results. This will aid the teacher in providing more appropriate follow-up activities, especially for those learners who might need further intervention and remediation activities.

In conclusion, MAPEH is an interesting learning area that allows our learners to explore their creativity and we can make it more enticing if we will tap technology from discussion to evaluation, as we respond to the needs of our 21st-century learners who are already considered digital nomads in this era of modern technology.

*References:*

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