

A PROGRESSIVE LEARNING APPROACH FOR TEACHING MAPEH TO HIGH SCHOOL LEARNERS

by:

Aileen L. Lumaban

Master Teacher II, Limay National High School

Teaching MAPEH (Music, Arts, Physical Education, and Health) to high school students has evolved in recent years, emphasizing a progressive learning approach and making learners active participants in the educative process and the community (Baird, 2023). Educators nowadays need innovative strategies to engage and empower the young generation of learners (Svitak, 2012).

High school students today are digital natives, so incorporating technology is essential. In the MAPEH classroom, educators can use apps, online platforms, and interactive tools to make learning more engaging. For instance, music students can create digital compositions, while physical education can integrate fitness-tracking apps. Technology not only adds an element of fun but also fosters a sense of familiarity and relevance for students.

Project-based learning allows students to apply their skills and knowledge in real-world contexts. In MAPEH, this could involve creating art projects, organizing school events, composing music, or designing fitness and nutrition programs. By actively participating in projects, students take ownership of their learning, develop problem-solving skills, and gain a deeper understanding of the subject matter.

The interdisciplinary approach emphasizes the interconnectedness of subjects within the MAPEH framework. Instead of teaching these subjects in isolation, educators can explore the overlaps between them. For example, combining music and physical

education by incorporating dance in fitness routines not only makes learning more enjoyable but also highlights the connections between different areas of MAPEH.

Recognizing that students have diverse interests and abilities, educators can create personalized learning plans. In MAPEH, this means allowing students to explore their preferred areas within the subject, be it a particular art form, music genre, physical activity, or health focus. Personalization not only enhances engagement but also helps students identify and develop their passions.

The progressive learning approach in MAPEH should emphasize problem-solving and critical thinking skills. Students should be encouraged to analyze musical compositions, create art that communicates a message, devise fitness routines, or evaluate health-related information critically. This equips them with essential life skills that extend beyond the MAPEH classroom.

In health education, the progressive approach involves going beyond basic health facts and addressing critical contemporary issues. This includes discussions on mental health, stress management, substance abuse, and the impact of a sedentary lifestyle. High school learners must have the knowledge and skills to make informed decisions about their well-being.

Self-expression is a core element of MAPEH, particularly in music and arts. The progressive approach encourages students to express their thoughts, emotions, and creativity freely. Whether through music composition, visual art, dance, or personal health narratives, students are encouraged to use these mediums to convey their individuality.

Progressive MAPEH education should extend beyond the classroom. It encourages community engagement by involving students in local arts and cultural events, fitness initiatives, and health awareness campaigns. This not only enriches their learning experience but also instills a sense of civic responsibility.

Indeed, a progressive learning approach in teaching MAPEH to high school learners is essential to engage and empower the young generation of students. By incorporating technology, using project-based learning, adopting an interdisciplinary approach, and personalizing learning plans, educators can create an environment where students actively participate in their education. Problem-solving, critical thinking, self-expression, and focusing on contemporary health issues further enrich the learning experience. Community engagement and a holistic approach to well-being prepare high school students for a future where a comprehensive understanding of MAPEH is vital for their personal and societal success.

References:

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