

THE IMPORTANCE OF CULMINATING ACTIVITIES IN TEACHING MAPEH IN THE PHILIPPINES

by:

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Culminating activities hold significant importance in education, especially in the teaching of MAPEH (Music, Arts, Physical Education, and Health) in the Philippines. These activities, typically held at the end of a unit or academic term, offer a platform for students to demonstrate the skills and knowledge they have acquired throughout their lessons. In the realm of MAPEH, these culminating activities allow students to showcase their talents, creativity, physical skills, and understanding of health concepts in a holistic and engaging manner. This approach to learning not only enhances the educational experience but also fosters student engagement and personal growth.

Culminating activities in MAPEH provide a comprehensive review of what students have learned, enabling them to apply theoretical knowledge in practical settings. Unlike traditional exams that focus on memory recall, these activities require students to engage in real-life applications of the concepts taught in class. For example, a culminating activity for the Music component might involve a musical performance or composition project, while the Arts component could include an art exhibit or creative presentation. According to Pascual (2020), students who participate in hands-on projects and performances demonstrate a deeper understanding and retention of the subject matter compared to those who rely solely on written assessments.

One of the primary benefits of culminating activities is their ability to foster high levels of student engagement. MAPEH subjects are inherently interactive, and these activities provide a dynamic platform for students to actively participate and showcase their abilities. When students are engaged in activities that are both enjoyable and

relevant to their interests, they become more motivated to learn and excel. This heightened level of engagement not only improves their academic performance but also contributes to their overall enthusiasm toward learning. De la Cruz (2021) emphasizes that student motivation and participation in MAPEH significantly increase when they are given the opportunity to take part in performances, sports events, or artistic showcases as part of their culminating activities.

Culminating activities in MAPEH also play a crucial role in students' personal growth and development. These activities encourage teamwork, discipline, creativity, and self-expression, all of which are essential life skills. Through group performances or team sports, students learn the value of collaboration and communication. Additionally, they build self-confidence as they express their creativity in front of an audience or achieve physical goals in sports. Rivera (2019) highlights that such experiences are instrumental in shaping well-rounded individuals who are not only academically proficient but also emotionally and socially competent.

In the context of the Philippine educational system, culminating activities in MAPEH are not merely end-of-term events but integral components of the learning process. They provide students with opportunities to apply their knowledge in practical settings, engage more deeply with the material, and develop essential life skills. By prioritizing these activities, educators can create a more enriching and impactful learning environment that extends beyond the confines of the classroom.

References:

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