

## INTEGRATING MAPEH SUBJECTS WITH OTHER DISCIPLINES: ENRICHING THE LEARNING EXPERIENCE

*by:*

**CIRILO R. CASINILLO JR**

*Teacher II, Mariveles National High School - Poblacion*

The incorporation of Music, Arts, Physical Education, and Health (MAPEH) subjects into other disciplines has developed as an effective technique for improving the educational experience and fostering interdisciplinary learning. Educators may develop more relevant and interesting classes that foster critical thinking, creativity, and holistic knowledge by incorporating MAPEH into disciplines like mathematics, physics, history, and social studies.

Integrating music with mathematics allows students to study rhythm, patterns, and mathematical concepts using musical notation and composition. For example, students can use mathematical sequences to generate musical rhythms or study musical compositions to uncover mathematical patterns. Connecting music and history helps students to investigate the cultural context of music and its impact on society. Students get insights into historical events, social movements, and cultural traditions by studying music from many time periods and cultures, which helps them comprehend history and music better.

Combining art and science allows pupils to express scientific concepts through artistic means. For example, students can create anatomical drawings to understand human biology or scientific images to illustrate difficult scientific processes. Integrating art with social studies helps students to express themselves artistically about social issues, cultural diversity, and historical events. Students can make artwork that reflects their awareness of social concerns or historical events, which promotes empathy and critical thinking.

Connecting physical education with science helps students to investigate the physiological and biomechanical concepts that underpin human movement and physical exercise. Students can learn about the body's systems and functions through hands-on exercises and experiments, such as measuring heart rate during exercise or researching the biomechanics of athletic movements. Integrating physical education and mathematics allows students to use mathematical concepts in real-world physical activity. Students, for example, can use mathematical principles to calculate sports performance statistics and metrics, as well as construct exercise programs.

Combining health education and science allows students to investigate the biological and psychological elements of health and wellness. Students can study human anatomy, physiology, and psychology to have a greater understanding of the aspects that affect health and well-being. Integrating health education with social studies enables students to investigate the social, cultural, and environmental factors of health. Students learn about the impact of social concerns, cultural practices, and environmental factors on health outcomes and inequities by researching them.

Linking MAPEH courses with other disciplines provides various benefits to students, including deeper learning, higher engagement, and improved critical thinking skills. Educators can create more holistic and meaningful learning experiences for children by integrating MAPEH with courses such as mathematics, physics, history, and social studies.

### *References:*

Rojane Faith G. Belano and Rexomar D. Perez (2024) Insights, challenges, and strategies of teachers in the integration of traditional Filipino games in music, arts, physical education, and health instruction February 2024 *Technium Social Sciences Journal* 54:126-146 February 2024 54:126-146 DOI:10.47577/tssj.v54i1.10564

Department of Education (DepEd). Policy guidelines on the k to 12 basic education program (DO 21, s. 2019). 2019. [https://www.deped.gov.ph/wp-content/uploads/2019/08/DO\\_s2019\\_021.pdf](https://www.deped.gov.ph/wp-content/uploads/2019/08/DO_s2019_021.pdf)

An Y, Mindrila D. Strategies and tools used for learner-centered instruction. International Journal of Technology in Education and Science. 2020;4(2):133-43.