

BEYOND THE CLASSROOM: CREATIVE APPROACHES FOR SUCCESSFUL MAPEH TEACHING IN PHILIPPINE SCHOOLS

by:

LANICA GEM P. CAMILO

Mariveles National High School- Cabcaben

MAPEH (Music, Arts, Physical Education, and Health) plays a crucial role in the overall development of students in the Philippines. It is a crucial element of the nation's K to 12 curriculum - designed to enhance cognitive abilities while also promoting creativity, valuing culture, boosting physical well-being, and cultivating morality among students. Additionally, due to its unique characteristics, MAPEH will offer Filipino educators the chance to cultivate transformative practices in a learning atmosphere that is appropriately engaging, significant, and applicable to students' experiences.

A new trend involves learning that is culturally rooted and based in the community. Numerous organizations nationwide have collaborated with community resource individuals such as barangay health workers, local craftsmen, and artists to improve their educational content. For example, students engaged in folk dances such as Tinikling or Cariñosa with community dance ensembles, or they explored indigenous instruments like the kulintang and gangsa while a local musician demonstrated their use; this instilled in students a deeper appreciation for our heritage and customs and provided them with a more dynamic learning experience.

The incorporation of technology is increasing, particularly with the emphasis on digital literacy under the DepEd MATATAG Agenda. Numerous educators in both rural and urban areas are using mobile applications and online platforms like Padlet to aid in music production, virtual museum visits, health awareness initiatives, and monitoring fitness and nutrition. For schools with restricted internet access, offline digital resources

(such as interactive PowerPoint games and similar tools) and pre-recorded lessons are employed to maintain student engagement.

Tasks that are project-based and performative also enhance students' MAPEH skills, and Filipino students enjoy organizing Buwan ng Wika cultural celebrations, school sports festivals, and classroom art displays using recyclable materials. These initiatives enable students to showcase and utilize their skills, while creating chances for teamwork and leadership reflected in the Filipino learner profile.

Furthermore, numerous schools integrate outdoor activities or hands-on learning effectively by engaging in physical education and health initiatives. Fitness drills, team-building activities, and fundamental first-aid training are frequently conducted outdoors on the school campus or in nearby open areas. Certain schools partner with local health offices to conduct seminars on teen health and suitable nutrition, which are aligned with DepEd's Health and Wellness objectives and provide students with learning experiences during classes or breaks.

The Official Website of DepED Division of Bataan

References:

Department of Education (DepEd). (2022). K to 12 Curriculum Guide: Music, Arts, Physical Education and Health (MAPEH). Department of Education, Philippines. Retrieved from <https://www.deped.gov.ph>