

## MAPEH 2.0: BLENDING TRADITION AND TECH FOR TODAY'S LEARNERS

by:

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Teaching MAPEH, which refers to Music, Arts, Physical Education, and Health, will always endeavor to produce a holistic, creative and healthy student. To the existing technology-nurtured generation, exposure to MAPEH education is rather distinct as compared to my childhood. Today's teachers have the fun (and oftentimes difficult) position of integrating traditional lessons with the opportunities that come with the digital world.

One of the changes is that technology is developing lots of opportunities to teach music and arts with videos, online tutorials, and virtual instruments, instead of just a chalkboard and a textbook. There are tools for students to complete digital art projects, compose their own music, and practice dance routines they find online. The learning becomes more interactive and relatable for today's kids who were born as digital natives.

The digital age brings many promising opportunities for PE and health like never before. Health and fitness apps, online exercise tutorial videos, and health trackers can help instill knowledge and encourage students to behave actively outside of school. However, always the goal is to get students moving outside – whether that's through sport, having a dance party with friends or playing outside. The hard part is simply finding the right balance between screen time as a helpful tool for learning and exercising/playing who knows where!

In the digital world, teaching MAPEH involves more than just incorporating gadgets into a lesson. It's about making the learning significant and valuable for today's students. Teachers ought to be able to help learners make appropriate and effective use of technology: to create instead of consuming, to search for and differentiate credible health information online, to engage appropriately in social media when sharing their productions.

MAPEH's main objective remains to foster students' creativity, activities, and well-being at the end of the day. Utilizing the digital tools and paying more attention to the practice in the real life, teachers will be able to reach contemporary learners and make them ready to explore a world of the future when creativity, wellness and the intelligent use of technologies will be the new normal.

## References:

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