

MAPEH RELOADED: HOW TEACHERS INSPIRE CREATIVITY AND HEALTH IN A DIGITAL WORLD

by:

RUTH ANN M. VERDERA

Mariveles National High School- Cabcaben

MAPEH has always been a heartbeat of all-round education. Music, Arts, Physical Education, and Health are such four simple words but many times, they make the most different students. However, in the digital age, when children are hooked to the screens the whole day, the method of teaching MAPEH has been forced to transform. This is something that is not known more by Filipinos teachers.

I had a teacher who used to begin with a dancing video. She connects her speaker, tunes on the YouTube and allows her students to follow up. They laugh, imitate the movements, some make mistakes, nevertheless, they move - and it is the main thing. That is reloaded MAPEH. It is not only the repetition of old folk dances or stagnant health lectures anymore. It is a blend of historical approaches with TikTok trends, folk music with karaoke applications, brushes and paint with computer design.

The online has given the arts side a new platform. Now it is possible to see students developing the digital posters, recording their concerts or sharing creations via class pages. There are also some wallflower children, who learn they are more daring in front of a camera than the real stage. That would be enabled by tech, provided that teachers direct them to the right path. Of course, they still do papel de hapon cutouts, folk dance in PE shirts but now they could remix it through Canva, PowerPoint, or even simple video editing.

Naturally, the H of MAPEH, is as well, a homebody. It is no longer all about nutrition charts in health education. Teachers talk about stress, screen time, and mental health.. They post videos, tales, real talks. And PE? Children also have to run, stretch and play. However, when it becomes impossible, instructors become creative about it, fitness challenges in a Facebook group, dance covers in Messenger. Anything that makes students active at a time when gadgets make them sit on chairs.

Today MAPEH is evidence of how teaching constantly changes. The Filipino teachers keep inventing how to unite the past and the present, culture and clicks. They have a dance video, a recycled art project, or an earnest discussion of health to remind students that education is not about passing tests, but about living fully, in balance with your body, mind, and the world you contribute to.

References:

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