

## THE INTEGRATIVE PATH IN MAPEH EDUCATION

by:

**Glenda P. Lingad**

*Master Teacher II, Pagalangang National High School*

The integrative approach in teaching Music, Arts, Physical Education, and Health (MAPEH) is an effective strategy that promotes holistic learning by connecting concepts across disciplines. Instead of treating each component as a separate subject, the integrative approach highlights their interrelationships and common goals. This method allows learners to see the relevance of what they are studying, as they experience how music, arts, movement, and health all contribute to personal growth, creativity, and well-being.

In Music and Arts, integration can take the form of projects that combine performance, design, and cultural expression. For example, students can compose songs inspired by visual artworks or create stage designs for musical presentations. In Physical Education, connections with Health education can be emphasized through activities that promote fitness, proper nutrition, and overall wellness. Such integration ensures that learners understand both the aesthetic and functional aspects of their lessons, making education more meaningful and practical.

The integrative approach also fosters collaboration and critical thinking. Group tasks such as organizing a school performance, conducting a dance exercise program, or preparing an art exhibit with a health advocacy theme encourage teamwork, creativity, and problem-solving. Students become active participants in their learning, as they apply knowledge and skills from various disciplines to complete authentic tasks. These experiences not only deepen understanding but also build values such as responsibility, cooperation, and respect for diversity.

Ultimately, the use of the integrative approach in MAPEH equips learners with life skills that extend beyond the classroom. At Pagalangang National High School, this approach ensures that students are not only knowledgeable but also capable of applying what they learn in real-life contexts. By linking Music, Arts, Physical Education, and Health into a unified learning experience, teachers help shape well-rounded individuals who value health, creativity, and cultural identity while becoming productive members of society.

*References:*