21ST CENTURY LEARNER IN THE NEW NORMAL PHENOMENAL

by:
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Grade school and high school students often say that Music, Arts, Physical Education and Health (MAPEH) is the subject that they worry the least as it is not as important. But it should not be the case. . . It is a component that would help in the development of the humanity for it is at the core of the very existence of the human race as every part of MAPEH is found and embedded in every nation in the world. There is a distinct and unique music and arts in every country. People in different parts of the world have their own ways of promoting and maintaining an active lifestyle. And the whole human race is united in the desire to foster and champion healthy lifestyle and a world that is environment-friendly for future generations to see and experience.

There are music that are fast and jolly while there are music that are slow and melodramatic. In some part of the world, soothing and relaxing music is preferred. Different genres of music also exist such as Pop, Jazz, Rhythm & Blues, Rock, and Country among others. Further, countries have their own way of calling music or songs originating from them such as Original Pilipino Music (OPM) in the Philippines and K-Pop from Korea. More importantly, the music produced reflects the culture and way of life of the people in a particular area or the sentiments of the artist. This aspect of music is vital in human development as it preserves and immortalizes the culture of a community and in such a way that it connects people. Through music, people are able to empathize with others and paves the way for understanding as people continue to listen to music.

Same goes for art. Different artists have their own ways of expressing their feelings with what they do. Paintings, sculptures, and objects are only some of the most common
form of arts that artists resort into in order to tell a narrative. Art is also a reflection of one’s culture and history. Classical Filipino artists used their art as a platform to give light to the history and culture of the Philippines such as “Spoliarium” which depict the experience of the Philippines during the Spanish occupation. Further, modern Filipino artists often use farming as the theme of their works as the country is known as an agricultural country. Different parts of the country have also their own way of preserving their culture and stories such as the use of tattoos in the pre-colonial period that symbolizes the status of a warrior. Historically, Mountain Province is known for their traditional way of tattooing but in the present period, there is only one person who does the traditional way of tattooing who is commonly known as Wang-Od. As a matter of fact, many Filipinos Anthropologists are hoping that in light with her fame in the past few years, such way of tattooing would be preserved and be taught to younger generations. Additionally, Mindanao is known for their way of weaving which forms part of their culture and narrates their rich history.

When it comes to Physical Education, it is more than just doing the exercises the students are told to do and playing sports. It is more of appreciating what the body can do and cannot do. Studying physical education is a way to understand the body and know its limitations and to create harmony between the mind and the body. Countries in the world are promoting and urging people to have an active lifestyle so as to be healthy and strong not just physically but also mentally. Studies show that people who exercise are able to concentrate more and tend to look younger than those who do not. Further, there are a lot of competitions where people could compete such as different Olympics in the world, also for those that are disabled such as the Paralympics, and the Nomad Games for the Nomads. This collaborative effort of different countries show that physical education and being physically active should be championed and promoted. Different nations, different cultures, and different people coming together at one place and showing solidarity for the love of sports.
As what people say, health is wealth. A person who is not healthy, no matter how successful or intelligent or rich he may be, is bound to succumb to death. His success, intelligence, or wealth will do nothing if the person’s health is neglected. This is the very reason why the world is united in the aspect of advancing health awareness and promoting a healthy lifestyle for everyone; . Further, as some diseases are still incurable, different methods, techniques, and researches are being conducted to find a solution to some of these diseases. Health is and should always be the paramount consideration and the top most priority of an individual as it is the most important requirement for survival.

Having said all of these, MAPEH should be considered and treated as the other subjects are treated. What people don’t realize is that Music, Arts, Physical Education, and Health is more than just what meets the eyes. Music is more than just the lyrics. Art is more than just the beauty. Physical Education is more than just being fit. Health is more than just the feelings. People should have a deeper understanding and appreciation of MAPEH as it is needed, used, and applied in their daily lives without being conscious of it.

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