INTRAMURALS: TORCHES OF TRIUMPH

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During the implementation of K-12 education curriculum, Intramurals become one of extravagant events celebrated in the scholastic institution. This curricular program gives a big privilege among future athletics who represent the school through sports competition. This measures the level of competence among the contenders and players in the field of expertise. It covers a wide scope of activities good for five-day celebration. It is categorized into various tournaments: (1) sports (2) indigenous games (3) team-building activities (4) dance competitions (5) pageantry (6) calisthenics and (7) booths. Indeed, this academic program is so essential in line with the sports track of student’s academic excellence because it is their time to get exposed to the field of sports.

Sports is the main highlight of Intramurals program. It encompasses various international games that are colonized from the foreign culture. Basketball is one of the Filipino games composed of male players collaborated towards one particular goal. Badminton is the traditional game composed of two players having good matches in the competition. Table Tennis is the interchange of balls used in the contest. Volleyball is establishing good connections for sportsmanship. Baseball needs interdependence among the players to reach goal in a world of competition. Football is the counterpart of the game called “softball” in terms of hitting the ball with the use of the bat. Boxing is one of the world-class competitions highly inspired to our Pinoy Champ: Manny “Pacman” Pacquaio. Sepak Takraw is considered as the latest national game as for today’s generation. Swimming is the commonest pastime in terms of proper breathing and speed limit. Track and Field measures the body endurance and steadfast of running.
ability. Archery gives emphasis on precision and accuracy about the point of strikes. These aims to give higher possibility to be discovered around the world and get recognized because of the field of areas linked with MAPEH subject.

Indigenous Games refer to local games which are conducted during Laro ng Lahi indicated in Intramurals. This accustoms the beauty of our preserved culture, such as: Luksong Baka, Luksong Tinik, Sungka, Bansay, Piko, Palo Sebo, and Harangang Tubig is commonly exhibited inside the campus activity. Dance and Sports are one of the co-curricular activities which is depicted by bodily movements and aesthetic interpretation in line with music accompaniments. Gymnastics is showing flexibility in body movement. It also generates the original choreography exhibited by the performer. Ballroom Dance is one of the classical dance performances which focuses on body projections and facial expression which must be visible in the eyes of the audience. Cheer dance is festive-like celebration that gives color and amazement in representing ethnic groups and tribal customs and traditions.

Team-building activity promotes camaraderie among members in group performance. It yields the competence level in the sorts of parlor games, challenging tasks and group dynamics. It fosters the strong bonds of winning the competition through focusing on the given instruction in the aforementioned culminating activity in class. Pageantry is the most awaited program held in school, which features the battle of beauty and brain. It was being represented by gorgeous maiden or handsome gentlemen who will project and present their class with great pride and principle in life. They will wear fashionable gowns filled with ornaments and recyclable materials which make the gown presentation one of a kind apparel. They will be evaluated through the aid of question and answer portion as well as talent performance as part of the criteria in the world of beauty contest. Calisthenics is recognized as contemporary dance incorporated with paraphernalia like pompom, Arnis, ribbon and balls. This is somewhat termed as “gymnastar” because it shows a depiction of bodily movements.
and dance choreography. Moreover, it was being remodified through Zumba competition, which is performed by big mass of people. It focuses on the uniformity of dance steps, facial expressions, the body moves during the stage performance.

Booths are one of the sideline business launched by responsible leaders in the academic community. It might be a form of selling products, goods and services that will satisfy customer’s demands. They build tents and stalls for the students’ needs. Moreover, Intramurals are such an exciting program because students become exposed with different field of areas in Music, Arts, Physical Education and Health (MAPEH). It hones the students’ gifted potential through undertaking tournaments. It modifies the strengths and weaknesses of student’s competence in the world of sports.

It prepares the students’ wide range opportunities by means of joining curricular activities and school contests. It eventually shapes the personality traits of youth towards the gateway of success. It can be a plus advantage of determining the student’s level of interest related to attainment of the school’s policy.

Sports is an integral part of the curriculum that is embodied under k-12 educational curriculum. It delves to specialized at “Bodily-Kinesthetic Intelligence” among the amateurs within the campus institution. It enables students to become a sports-ready for the upcoming challenging tasks with other groups. It generates students’ willingness to be called wizard in the world of athletics. It bridges the gaps towards a brighter future through representing the Philippines locally and internationally.

Generally, teenagers find sports as interesting past time in daily life situation. It advocates body stimulation, motivational desires, competitive skills and optimistic view of life as they get inspired by the winners of the competition. They will be more eager on joining extra-curricular activities to identify their great potentials as part of achieving in student’s lifespan. It also produces a good impression in terms of their career
pathway on how to balance both studies and sports at the same time. It gives promotion in developing one’s skillful performance, strategic skills, collaboration with peers and determination through good direction of learning.

In conclusion, future teachers must be virtual example in the teaching-learning process. Let the students discover things beyond existence. Give them the liberty to express oneself as they stand out in educational stage. Train your students with a bunch of potentials needed to become a qualified and smart individual. Give them constant practice to evaluate their competence.

References: