MAPEH: A ROUTE TO ACTIVE LEARNING

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Not all students find school an interesting place. To some, merely seeing the school premises will give them the thought of sitting the whole day and listening to their teacher’s lecture. Some lose their drive in attending school due to a lot of factors affecting their intrinsic and extrinsic motivation, most especially when it is a Science, Mathematics or English subject.

The theory of Multiple Intelligences by Howard Garner transgressed the conventional way of marking a person’s level of intelligence. This credence suggests that each individual has a field of expertise where she or he can realize his or her full potential. Not everyone is good in verbal aspect nor in numerical acuity. It is with no doubt that everyone has their specialty as well as Waterloo.

Students who are bodily kinesthetically inclined show zest when it is Music, Arts, Physical Education and Health (MAPEH) class. A lot of students find the subject interesting due to its reputation of having to move and play around. Students’ grades depend on how well they will apply and demonstrate the instructions and lessons. Hence, the subject per se already invites attention and heightens enthusiasm among students.

One of the important aspects of learning anywhere, including P.E or physical education class, is active learning (Cheprasov, 2017). There are two ways to obtain learning while participating. The first one is to lecture the techniques, roles, position, or what rules they should obey in a particular sports. Second is to let them participate in order for them to acquire the learning. Group them into different teams, make them play the ball and apply what they’ve learned from the previous lecture. The latter is the
active playing wherein students started to get motivated and keep their interest in the subject.

To apply active learning, the teacher should give activities that promote success of the students. The activity is not always about reaching for the unattainable situation, it should be to accomplish the goal with hard work. When students succeed in an appropriately challenging task, they will be proud of their performance. Their confidence keeps the inspiration and motivation for that subject.

Motivation has several effects on students’ learning and behavior (Hurst, 2018). The first one is motivation in achieving goals which affects student’s option. For example, playing good at basketball in class or getting high score in final examination. It also increases a student’s effort and energy. Motivation determines whether the students will pursue a task with enthusiasm or a lackluster attitude. In addition, motivation can help a student to be persistent in every activity given by teacher.

References:


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