MAPEH IN DIGITAL PHASE

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MAPEH is one of the learning areas which includes Music, Arts, Physical Education and Health. It promotes the development of creativity and skills that students need in their daily life. This subject comprises of challenging tasks for teachers because it has four components which the teacher must manage well in order for the students to learn. However, in the part of the students, it can be advantageous that they are having different activities in one subject, they don’t have the time to be bored. They can learn music, do the things they want in Arts, enjoy the morning sun when it is time for PE and learn to take care of themselves when Health is concerned.

In addition to that, Music and Arts encourage creativity among students and also serve as an outlet for relieving stress. According to Leido (2019) through music, which is a general language for emotions, students are anticipated to be creative in expressing their selves and it can also be a great way to communicate to others. Meanwhile, Physical education encourages the students to have a fit body through a lot of movements and exercise. This component of MAPEH works well with Health, which suggests tips on how to become healthy and tells them the things they have to do keep their body from harm.

However, on the onset of COVID-19 pandemic, another challenge had arisen as schools are still in closure. Students are studying through distance learning in printed modular learning modalities. This a challenge for teachers to teach MAPEH especially Physical Education to the students at home, therefore different online platforms can be used. Zoom conference and google meet can be utilized to teach not only PE but also the other 3 components of MAPEH. They can show the procedures in doing an art masterpiece through video calls, teach music by video demonstration and send to the
students’ group chat so whenever they have an internet access they can watch the video. For exercise or Zumba dance, the teacher can record her steps and let the students follow through Facebook live. The only disadvantage of the digital way is that when the students do not have access to internet or gadgets to access the internet.

The education sector truly needs the help of the national government to allot more funds for the gadgets to be given to those students who cannot afford to buy one and make the internet be free and accessible to all students.

References:
