MAPEH...ITS NATURE AND COMPONENTS

by:
Marvy V. Reyes
Teacher II, Orani National High School Parang - Parang

Music, Arts, Physical Education and Health most popularly known as MAPEH takes its own significance in the lives of students in the school. It is considered as one of the well-loved subjects for it does not only involve the cognitive aspect but also the holistic factors of the learner.

Music is one of the components of this subject. It teaches the learners about the nature and elements of songs. The students learn how to read musical notes and compositions not only found in our country but also in other countries as well. They are also being acquainted and trained with varied musical instruments. Students are also being taught to sing and enjoy the melody and harmony of music.

Art is another part of MAPEH. This deals with the artistic side of the students. It teaches the rudiments of art and it shows the beauty of environment and structures through art forms. This further cultivates the artistic talents of the students most especially those who are engrossed in it. The artistry is shown and demonstrated in this area of MAPEH.

Physical Education is one of the most enjoyable components of this subject. This leads the students to exercise their power and strength in different activities using the whole body like in dancing, exercising and sports. Physical activities are very inviting to the students for they are also the expressions of feelings and excitements.

Health is also a big concern in MAPEH. This includes the way on how to take care of one’s body and nourishment. Health covers the wellness of the person and the students
should learn this idea in order to achieve a healthy condition. The teacher imparts the ways to take care of one’s physical wellness and provides ideas on how to achieve a healthy and nourished body. It instructs the students to follow the do’s and don’ts of managing one’s body.

Music teaches songs to develop musical skill. Art teaches designs to shape one artistic ability. Physical education tests agility to mold an athlete. Health teaches physical well-being to produce a health-conscious individual. Truly, the MAPEH components are for the benefits of the learners.

MAPEH is not merely teaching competencies but it brings a lot of good causes to the students. The benefits are not only in learning but also in practical application.

MAPEH will remain very interesting and so important to the youth of today because of the benefits that it brings.

References:

https://www.answers.com/Q/Why_is_MAPEH_important

https://prezi.com/gy1h1aq5vnfj/the-importance-of-mapeh/

https://www.pressreader.com/philippines/sunstar-pampanga/20170418/281663959881389