MAPEH
MUSIC, ARTS, PHYSICAL EDUCATION, AND HEALTH

Grade 6

Three-Term Budget Of Work (BOW)
for Learning Competencies

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Three-Term Budget Of Work
for Learning Competencies

First Term	
Week	**Learning Competency**
*	**Music and Arts** **Development in Music and Arts in the 19th Century and during the Philippine Revolutionary Period (1801 - 1898) and American Period (1898-1935)** ● Explain how relevant events and principles/ beliefs/ ideas in the Revolutionary and American Period in the Philippines influenced the concepts, processes, and practices in performing and visual arts. ● Discriminate ideas, functions, and practices used in representative creative works between the American Period and the Revolutionary Period. ● Interpret conventional concepts, processes, and practices in their creative work inspired 19th Century or during the Philippine Revolutionary and American Period performing and visual arts. ● Incorporate conventional concepts, processes, and practices, with their personal preferences in their contemporary creative work inspired by the Philippine performing and visual arts during the Philippine Revolutionary and American Period.
*	**Physical Education and Health** ● Explain the interdependence of the different health dimensions in developing holistic wellness. ● Evaluate how changes in the different health dimensions affect adolescents' well-being. ● Engage in physical and other activities to improve holistic wellness. ● Execute modified physical activities (target/invasion games) by applying its concepts and skills for active living.
Suggested Activities	● Games to be Modified: ○ Target Games: Tatsing, Calahoyo, Tumbang Preso, Tamaang-Tao, Batuhang

	Bola, Bati-Cobra, Pata, and/or Other Variations of Unpublished Games in the Locality ○ Invasion Games: Agawan Base, Agawan Sulok, Lawin at Sisiw, Ubusang Lahi, Agawan Panyo, Patintero, Langit-Lupa, Araw-Lilim, Kawat-Kawat, and/or other variations of unpublished games in the locality

** Teachers may assign learning competencies per week depending on the needs of the learners.*

Note: Two days per week are allocated to Music and Arts, and two days to Physical Education and Health. If the schedule provides 45 minutes daily for five days, the additional day may be utilized for the component that requires more instructional time to effectively implement the curriculum.

Second Term	
Week	**Learning Competency**
*	**Music and Arts** **Development of Music and Arts during the Commonwealth Period and/or Japanese Occupation (1935 to 1946)** ● Discuss how relevant events and principles/ beliefs/ ideas in the Commonwealth Period and/or Japanese Occupation (1935 – 1946) in the Philippines influenced the concepts, processes, and practices in performing and visual arts. ● Determine how the Filipino identity is expressed in the creative works during the Commonwealth Period and /or Japanese Occupation. ● Assess sample works or their creative works based on the conventions during the during the Commonwealth Period and /or Japanese Occupation. ● Incorporate concepts, processes, and practices, according to their preferences, in their contemporary creative work inspired by the Philippine performing and visual arts during Commonwealth Period, and/or Japanese Occupation.
*	**Physical Education and Health** ● Discuss the concepts and benefits of preventing early pregnancy. ● Evaluate the value of the family in helping adolescents deal with sexual and reproductive health concerns, particularly in preventing teenage pregnancy. ● Execute modified physical activities (striking/fielding or net/wall game) by applying the concepts and skills for active living.
Suggested Activities	● Games to be Modified: ○ Striking & Fielding Games: Kickball, Syato, Bati-Cobra, Tupa, and/or other variations of unpublished games in the locality ○ Net/Wall Games: Pickle Ball, Wall Ball, Ringo

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Third Term	
Week	**Learning Competency**
*	**Music and Arts** **My Filipino Identity** • Determine how Filipino identities are expressed in relevant creative works in terms of culture, history, and nationhood. • Select appropriate forms, processes/ instruments/ mediums/ technology in making their creative works. • Assess creative work/s (selected or personal work) based on personal preferences and accepted conventions in performing and visual arts. • Produce contemporary creative works depicting their historical/ cultural/ national identities using appropriate and relevant concepts, processes, practices, and technologies in performing and visual arts.
*	**Physical Education and Health** • Explain the nature of common communicable diseases. • Analyze healthful ways of preventing and controlling common communicable diseases. • Discuss the nature and effects of environmental concerns using the concept of One Health. • Evaluate basic strategies in managing and promoting environmental health sanitation through community participation and collaboration. • Lead actively in different rhythmic activities and dances in sustaining their movement competence and physical activity participation.
Suggested Activities	• Dance Exercise (i.e., DepEd Galaw Pilipinas), Exercises (with light apparatus), Dance Movements (local street dance and festival) and/or Traditional Dances (With Implements: sticks, scarf, bamboo castanets etc.) or any national dance

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