MAPEH
MUSIC, ARTS, PHYSICAL EDUCATION, AND HEALTH

Grade 7

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** **Contemporary and Emerging Music and Arts of the Philippines and the Southeast Asia and their Cultural Influences** • Discuss how representative contemporary and emerging performing and visual arts of the Philippines and selected Southeast Asian countries influence their cultural identity and diversity. • Distinguish subjects, themes, concepts, mediums, processes, techniques, and/or practices applied in the contemporary and emerging performing and visual arts of the Philippines and selected Southeast Asian countries. • Evaluate representative creative works of the Philippines and selected Southeast Asian countries based on cultural influences in identified subjects, themes, concepts, mediums, processes, techniques, and/or practices. • Produce creative works about contemporary and emerging popular performing and visual arts of the Philippines and selected Southeast Asian countries using relevant concepts, processes, techniques, and/or practices. • Assess their competency in the production of creative work based on concepts, processes, techniques, and/or practices used in selected Philippine and Southeast Asian contemporary and emerging performing and visual arts.
*	**Physical Education and Health** • Discuss common adolescents' concerns that can affect mental health. • Apply ways to safeguard their mental health. • Apply effective strategies in preventing and managing conflicts in the family.

	• Perform physical activities by applying principles and concepts of target and or invasion games to solve tactical problems for active living. • Execute appropriate skills of sports and the required fitness concepts of chosen target and/or invasion games in responding to tactical problems.

Suggested Activities	• Target Games:
	  ○ Unopposed - Golf, Archery, Bowling, Bocce Ball, Darts,
	  ○ Opposed - Billiards, Croquet, Lawn Bowls
	  ○ Combative Sports: Arnis, Taekwondo, Boxing, Fencing, Pencat Silat, Wushu, Muay Thai, Karatedo and/or Sole Fighting (Rapandapanan)
	• Invasion Games:Basketball, Football, Floorball, Futsal, Ultimate Frisbee, Handball, Tchoukball, and/or Water Polo (Swimming)

** 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** **Conventional Traditional or Local Folk Music and Arts Common to Pre-war Philippines and Southeast Asia" (1935 to 1942) and /or Nationalistic Music and Arts in the Post-war Philippines and Southeast Asia (1946 – late 1950s)** • Explain important subjects, themes, concepts, and contexts of conventional local folk and nationalistic Music and Arts of pre-war (1935–1942) and /or post-war (1946–late 1950s) Philippines and selected Southeast Asian countries. • Analyze relevant processes, techniques, mediums, and practices used in traditional/local folk and /or nationalistic Music and Arts of the Philippines and Southeast Asia in relation to their historical and cultural contexts. • Apply selected conventional, contemporary, and/or emerging concepts, processes, and techniques inspired by Philippine and Southeast Asian folk and /or nationalistic Music and Arts in guided artistic exercises or studies. • Produce an integrative creative work that synthesizes music and/or arts elements using appropriate concepts, processes, techniques, and practices reflective of pre-war traditional/local folk and /or post-war nationalistic expressions of the Philippines and Southeast Asia.
*	**Physical Education and Health** • Explain the importance of healthy eating during adolescence. • Apply ways to prevent adolescents' nutritional concerns. • Relate healthy eating to physical activity participation. • Practice technical and expressive skills to improve proficiency in genre and style-specific techniques in developing movement competence and physical activity participation.
Suggested Activities	• Christian Dances with Western Influences: e.g., Ba-Ingles, Jota Batangueña, Purpuri,

	Alcamfor, Kuratsa, Lancero, Mazurka Boholana, Habanera Botolena

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Third Term	
Week	**Learning Competency**
*	**Music and Arts** **Southeast Asian Music and Arts and Integrative Creative Works of Selected Philippine** • Explain how relevant customs, principles, beliefs, traditions, and/or ideas from the different countries in Southeast Asia influenced the concepts, processes, techniques, and/or practices used in the integrative arts of Southeast Asian countries. • Discuss the influence of traditional concepts, principles, beliefs, traditions, and/or ideas on contemporary performing and visual art forms. • Select appropriate subjects, themes, concepts, mediums, processes, techniques, and/or practices in making a creative work. • Evaluate representative pieces or their creative work based on the conventions/criteria of the integrative creative works of Philippine and selected Southeast Asian performing and visual arts. • Produce an integrative creative work showing their informed understanding of the customs and traditions of the Philippines and selected Southeast Asian countries, using appropriate relevant concepts, processes, techniques, and/or practices in performing and visual arts.
*	**Physical Education and Health** • Discuss basic first aid concepts, objectives, principles, and procedures for managing common conditions. • apply self-management skills and practices for road and water safety; • practice first aid procedures for injuries related to physical activities and other emergency situations; and • perform dances using genre and style specific techniques, expressive ideas and skills to develop movement competence and physical activity participation.
Suggested Activities	• ASEAN and ASIAN dances (e.g. joget or zapin of Malaysia, pon poo thai of Thailand,

	bon dance or parasol dance of Japan, fan dance of china and other ASEAN/ASIAN dances), American Dances (e.g. Red River Valley, Oh Susana, Grand March and other square dances), European Dances (e.g. Tarantela, Arkadsky, Minuet, La Cucaracha, Varsovienne, Rheilander for Three and other European dances)

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