MAPEH
MUSIC, ARTS, PHYSICAL EDUCATION, AND HEALTH

Grade 8

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** **Emerging Popular Music and Arts in Asia and their Cultural Influences** • Explore the emerging popular performing and visual arts in selected Asian countries. • Analyze the cultural influences, relationships, and characteristics (similarities and differences) of emerging and contemporary concepts, techniques, processes and/or practices in various Asian popular performing and visual arts. • Evaluate representative creative works based on concepts, techniques, processes, and/or practices of emerging and contemporary Asian popular performing and visual arts. • Integrate relevant concepts, techniques, processes, and/or practices of emerging and contemporary Asian popular performing and visual arts in the production of their creative work.
*	**Physical Education and Health** • Explain the importance of values in building a healthy and positive sexuality and preventing gender-based issues. • Discuss sexually transmitted infections and their preventive measures. • Perform physical activities by applying principles and concepts of striking/fielding games to solve tactical problems for active living. • Execute appropriate skills of sports and the required fitness abilities of chosen striking/fielding games in responding to tactical problems.
Suggested Activities	• Striking/ Fielding Games: Baseball, Cricket, Softball, Choctaw stickball and/or Kickball

** 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 Significant Folk and /or Court Music and Arts of Asia** • Explain the cultural meanings, artistic purposes, and aesthetic principles of significant folk and /or court Music and Arts of selected Asian countries in relation to their historical and social contexts. • Discuss the concepts, techniques, processes, and practices used in Asian folk and /or court Music and Arts, highlighting how these shape artistic form, function, and expression. • Apply selected conventional and emerging concepts, techniques, and processes from Asian folk and /or court Music and Arts through guided creative activities. • Evaluate their own or others' skills in producing creative works based on selected conventional and emerging concepts, techniques, and processes from Asian folk and /or court Music and Arts. • Produce an integrated creative work inspired by Asian folk and court Music and Arts using appropriate concepts, techniques, processes, and practices.
*	**Physical Education and Health** • Discuss the characteristics of friendships, long-term commitments, marriage, and parenting. • Evaluate the various ways to show affection in relationships. • Demonstrate effective self-regulation skills to avoid inappropriate or non-consensual physical contact in all physical activity participation. • Perform safely physical activities by applying principles and concepts of net/wall games to solve tactical problems for active living. • Execute safely appropriate skills of sports and the required fitness abilities of chosen net/wall games in responding to tactical problems.
Suggested Activities	• Net/Wall Games: Table Tennis, Lawn Tennis, Volleyball, Squash, Badminton, Sepak Takraw, and/or Pickleball

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Third Term	
Week	**Learning Competency**
*	**Music and Arts** **Integrative Creative Works of Selected Asian Music and Arts** • Examine representative integrative creative works using relevant conventional and emerging concepts, techniques, processes, and/or practices in selected Asian performing and visual arts festivals/productions. • Distinguish the cultural influences (e.g. geography, religion, entertainment, customs, and traditions) of selected Asian performing and visual arts festivals and productions. • Assess their competency in the production of integrative creative work based on concepts, processes, techniques, and/or practices of selected Asian performing and visual arts festivals/productions. • Integrate relevant conventional and emerging concepts, techniques, processes, and/or practices of selected Asian performing and visual arts festivals/productions in their creative works.
*	**Physical Education and Health** • Explain the nature, general effects of and preventive measures against the use of psychoactive substances. • Evaluate interventions, laws, and policies to prevent the use of psychoactive substances. • Discuss ways to be an informed consumer. • Examine health information, health products, health services, and health care providers. • Analyze various forms of quackery and fraudulent health services and their associated risks. • Practice technical and expressive skills to develop proficiency in genre and style-specific techniques to enhance movement competence and physical activity participation.
Suggested Activities	• Dances of the Northern Highlands: from Abra, Apayao, Benguet, Ifugao, Kalinga, Mountain Province, Nueva Ecija, and Nueva Vizcaya

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