



MAPEH

MUSIC, ARTS, PHYSICAL EDUCATION, AND HEALTH

Grade 10

**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 Philippine Creative Industries within the Creative Economy - Discuss the emerging Philippine Creative Industries within the Creative Economy using relevant and credible information literatures, emerging concepts, techniques, processes, and practices. - Analyze the composition, and quality of selected local creative works based on the domain standards of the Philippine Creative Industries. - Assess relevant career options in creative industries based on their career plan analysis. - Produce creative works based on emerging concepts, techniques, processes, and practices used in a selected creative industry.	
*	Physical Education and Health - Describe the characteristics of an e-health literate individual. - Integrate skills and practices to be e-health literate. - Analyze ways to safeguard the health and well-being of mothers and children. - Integrate ways to prevent issues affecting mothers and children into family roles and responsibilities. - Discuss the role of physical activities in safeguarding the health of mothers and children. - Manage an e-sports and or outdoor recreational activities applying its concepts, principles, and its required fitness concepts for active living.	
Suggested Activities		e-Sports: League of Legends (LoL), Dota, Hearthstone, Starcraft II, Rocket League, Minecraft, Valorant, Attack Online 2, Crossfire, Mobile Legends, Garena Free Fire,

	- FIFA Online 4, PUBG Mobile, Arena Valor, Tekken - Outdoor Recreation: Hiking/Trekking, Camping, Biking, Rock Climbing, Wall Climbing, Mountain Climbing, Water Rafting, Kayaking, Canoeing, Swimming, and/or Orienteering
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** 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 Challenges and Issues of Selected Creative Industries and Technologies in Philippine Creative Industries - Explain how technical and artistic elements, principles, and processes are applied in selected technology-based creative works within the Philippine creative industries. - Analyze the challenges and issues encountered by artists and practitioners in selected Philippine creative industries in relation to the use of available technologies. - Evaluate technology-based creative works based on the effective use of technical and artistic elements, principles, and processes. - Critique proposed strategies or solutions that address identified challenges and issues in the Philippine creative industries in preparation for the learners' intended career.	
*	Physical Education and Health - Discuss common community health issues, programs, and laws and policies. - Integrate the concept of One Health in understanding the interdependence of human, animal, and environmental health. - Organize physical activities to promote community health. - Perform dances to refine technical and expressive skills using genre and style specific techniques to master movement competence and physical activity participation.	
Suggested Activities		Dances of the Traditionalist Communities: Dances from the ethnic groups of Mansaka, Tboli, Manobo, Blaan, Teduray, Bagobo, Ata, Mamanwa, Magguangan, Mandaya, Banwa-on, Bukidnon, Dulangan, Kalagan, Subanon, Tagakolu, Talaandig

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Third Term		
Week	Learning Competency	
*	Music and Arts Music and Arts Multimedia Production - Determine the relevant contemporary and emerging concepts, processes, techniques, and practices in multimedia production. - Explore different roles and functions in a collaborative multimedia production. - Execute a collaborative multimedia production based on a given plan and concept. <i>(Note that this is execute. Planning & conceptualization are higher & are not part of this competency. Planning & conceptualization should be done by the teacher or learning partner beforehand.)</i> - Assess a production's strengths and areas for improvement based on technical and artistic elements, principles, and processes. - Evaluate their career choices in the creative industries based on their production of technology-based creative works, individual capacities, potentials, contexts, and preferences.	
*	Physical Education and Health - Integrate basic emergency care as part of first aid knowledge and skills. - Demonstrate skills in providing basic life support. - Manipulate combinations of the elements of dance and choreographic devices to communicate their choreographic intent to master movement competence and physical activity participation.	
Suggested Activities		Emerging/Popular Dances: Tiktok dance, Kpop Dances, Street Dance styles, Cheer dance

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