



Colegio de San Juan de Letran
Dominican Avenue, Abucay, Bataan
Library and Media Services

RESEARCH GUIDE:

MAPEH 1

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RESEARCH GUIDES

MAPEH 1

I. SCOPE NOTE

The MAPEH 1 is divided into four components: Music, Arts, Physical Education and Health. The first part is all about music which includes rhythm, melody, form, timbre, dynamics, tempo and texture. The second part discusses Arts, and its various forms and elements. The third part includes thorough discussion of concepts in Physical Education and a comprehensive presentation of physical fitness activities. The last part covers an in-depth discussion of Health Education and health related practices. The spiral approach in presenting the concepts will help the students to develop health knowledge and skills for them to achieve, sustain and promote lifelong wellness.

II. SEARCH AIDS (BT: Broader Term, RT: Related Term, NT: Narrow Term)

BT:

- Music
- Arts
- Physical Education

RT:

- Sounds
- Rhythm
- Line
- Shapes
- Parts of the Body
- Time
- Pitch
- Song
- Colors
- Textures
- Posture
- Food
- Print Making
- Tempo
- Artwork

NT:

- Clap, Tap, and Stomp
- One Rhythm
- Two Rhythm
- Moving the Parts of the Body
- Fun Time
- Keeping the Body Clean

- Parts of Song
- Locomotors and Non-locomotors

III. INFORMATION RESOURCES

A. LIBRARY RESOURCES

Note: For the appropriate access credentials, please contact the Letran Bataan Library

➤ E-JOURNALS

- Journal of Physical Education, Recreation & Dance.
https://www.proquest.com/central/publication/publications_40789
- Early Childhood Education Journal.
https://www.proquest.com/central/publication/publications_54020
- Language Arts. https://www.proquest.com/central/publication/publications_41436
- South African Journal of Childhood Education (SAJCE).
https://www.proquest.com/central/publication/publications_2044906
- Arts Education Policy Review.
https://www.proquest.com/central/publication/publications_227
- Music Educators Journal.
https://www.proquest.com/central/publication/publications_41438
- The Canadian Music Educator.
https://www.proquest.com/central/publication/publications_45770
- Merrill - Palmer Quarterly.
https://www.proquest.com/central/publication/publications_48851
- Music Education Research.
https://search.proquest.com/central/publication/publications_196146
- Australian Journal of Music Education.
https://search.proquest.com/central/publication/publications_426756
- Art Education Policy Review.
https://search.proquest.com/central/publication/publications_227
- Journal of Music Research Education.
https://search.proquest.com/central/publication/publications_42361
- YC Young Children.
<https://search.proquest.com/central/docview/197631319/8363A7513BDE4D05PQ/5>

➤ E-THESES

- Coudriet, A. J. (2013). A multiple case study examining elementary school art, music and physical education teachers' perceptions, attitudes and beliefs related to interdisciplinary teaching practice (Order No. 3573139). Available from ProQuest Central. (1433825119). Retrieved from <https://www.proquest.com/dissertations-theses/multiple-case-study-examining-elementary-school/docview/1433825119/se-2?accountid=190548>
- Courson, R. W. (2018). A causal-comparative analysis of performance-based music classes and act scores (Order No. 10788139). Available from ProQuest Central. (2034401050). Retrieved from <https://www.proquest.com/dissertations-theses/causal-comparative-analysis-performance-based/docview/2034401050/se-2?accountid=190548>

- Vazquez, O. M. (2014). An investigation of the teaching practices of music teaching artists participating in four selected elementary school arts integration projects (Order No. 3647572). Available from ProQuest Central. (1641113209). Retrieved from <https://www.proquest.com/dissertations-theses/investigation-teaching-practices-music-artists/docview/1641113209/se-2?accountid=190548>
- Shaw, R. D. (2015). The vulnerability of urban elementary school arts programs: A case study (Order No. 3719668). Available from ProQuest Central. (1713682548). Retrieved from <https://www.proquest.com/dissertations-theses/vulnerability-urban-elementary-school-arts/docview/1713682548/se-2?accountid=190548>
- Morris, M. T. (2016). Exploring the role of a cultural arts program in empowering an urban school community in sustaining their neighborhood school and the value of cultural arts to kindergarten through eighth grade African American students (Order No. 10107760). Available from ProQuest Central. (1787205027). Retrieved from <https://www.proquest.com/dissertations-theses/exploring-role-cultural-arts-program-empowering/docview/1787205027/se-2?accountid=190548>
- Middleton, T. E. (2012). Music and compound words (Order No. 10835849). Available from ProQuest Central. (2047453854). Retrieved from <https://search.proquest.com/docview/2047453854?accountid=190548>
- Smith, B. C. (2018). A case study of a high-performing suburban school district's implementation of a kindergarten through grade 12 visual arts program (Order No. 10979275). Available from ProQuest Central. (2139219309). Retrieved from <https://search.proquest.com/docview/2139219309?accountid=190548>
- Kirkpatrick, N. J. (2006). The nutrition competencies for California's children prekindergarten through grade 12 (Order No. 3230650). Available from ProQuest Central. (305365483). Retrieved from <https://search.proquest.com/docview/305365483?accountid=190548>
- Bennett-Riley, L. (2016). Title IX and no child left behind: Educator's perspectives on the impact of policy on the physical education classroom (Order No. 10133744). Available from ProQuest Central. (1810727805). Retrieved from <https://search.proquest.com/docview/1810727805?accountid=190548>

B. OPEN ACCESS

➤ FREE E-BOOKS

- Colwell, Richard. (2002). The New Handbook of Research on Music Teaching and Learning. New York: Oxford Press. <https://www.pdfdrive.com/the-new-handbook-of-research-on-music-teaching-and-learning-a-project-of-the-music-educators-national-conference-d185234813.html>
- (2010). Physical education for lifelong fitness: the physical best teacher's guide. 3rd edition. United States: Human Kinetics. <https://www.pdfdrive.com/physical-education-for-lifelong-fitness-the-physical-best-teachers-guide-d157699949.html>
- National Academy Science (2013). Educating the Student Body: Taking Physical Activity and Physical Education to School. Washington: National Academic Press. <https://www.pdfdrive.com/educating-the-student-body-taking-physical-activity-and-physical-education-to-school-d157859514.html>

- Rockman, Deborah A. (199). The art of teaching art: a guide for teaching and learning the foundations of drawing-based art. Oxford: Oxford Academic Press. <https://www.pdfdrive.com/the-art-of-teaching-art-a-guide-for-teaching-and-learning-the-foundations-of-drawing-based-art-d158006619.html>
- Kohl, MaryAnn F (2003). Storybook art: hands-on art for children in the styles of 100 great picture book illustrators. W.A: Bright Ring Publishing, Inc. <https://www.pdfdrive.com/storybook-art-hands-on-art-for-children-in-the-styles-of-100-great-picture-book-illustrators-bright-ideas-for-learning-d160959737.html>
- California Department of Education. (2004). Visual and Performing Arts Framework for California Public Schools: Kindergarten through Grade Twelve. <https://www.pdfdrive.com/visual-and-performing-arts-framework-d19765876.html>
- Milai, Kim. (2017). Language arts, math, and science in the elementary music classroom: a practical tool. Oxford: Oxford University Press. <https://www.pdfdrive.com/language-arts-math-and-science-in-the-elementary-music-classroom-a-practical-tool-e158223465.html>

➤ FREE E-JOURNALS

- Arts. <https://www.mdpi.com/journal/arts>
- International Journal of Music Education. <https://journals.sagepub.com/home/ijm>
- Music in Art. <https://www.jstor.org/journal/musicinart>
- Journal in the Musical Arts in Africa. <https://www.tandfonline.com/toc/rmaa20/current>
- International Journal of Music in Early Childhood (Journal). <https://www.intellectbooks.com/international-journal-of-music-in-early-childhood>
- Journal of Teaching in Physical Education. <https://journals.humankinetics.com/view/journals/jtpe/jtpe-overview.xml>
- Physical Education and Sport Pedagogy. <https://www.tandfonline.com/toc/cpes20/current>
- European Journal of Physical Education and Sport Science. <https://oapub.org/edu/index.php/ejep>
- JOPERD: Journal of Physical Education, Recreation and Dance. <https://www.shapeamerica.org/publications/journals/joperd/>
- International Journal of Music Education. <https://journals.sagepub.com/doi/abs/10.1177/0255761417689920?journalCode=ijma>
- The Open Education Journal. <https://benthamopen.com/TOEDUJ/home/>
- Journal of Curriculum and Instruction. <http://www.joci.ecu.edu/index.php/JoCI>
- Academic Development Institute. <http://www.adi.org/journal/>
- Education Review. <http://www.edrev.info/>

➤ FREE E-THESES

- Kigozi, B. (2008). An evaluation of music education on elementary schools in Buganda: a way forward. (Doctoral Dissertation). University of Pretoria. Retrieved from <http://hdl.handle.net/2263/27984>
- Coudriet, A. (2013). A Multiple Case Study Examining Elementary School Art, Music and Physical Education Teachers' Perceptions, Attitudes and Beliefs Related to Interdisciplinary Teaching Practice. (Thesis). University of Pittsburgh. Retrieved from

http://d-scholarship.pitt.edu/18711/1/CoudrietAJ_EDT_2013.pdf ; <http://d-scholarship.pitt.edu/18711/>

- Brack, Tracie Welborn, E. D. (2015). Arts and Academics: How teachers perceive school climate relating to subject area (homeroom or special area) in an elementary school. (Thesis). Georgia State University. Retrieved from https://scholarworks.gsu.edu/eps_diss/126
- Neddeau, B. M. (2013). The relations among school status variables, teacher academic and arts curricular emphases, and student academic achievement in grades 1, 3, and 5. (Thesis). University of San Francisco. Retrieved from <https://repository.usfca.edu/diss/91>
- Tembo, B. (2016). Utilization of emergent literacy skills with a grade one physical education class: A case of selected Primary Schools in Lundazi District of Zambia. (Thesis). University of Zimbabwe. Retrieved from <http://dspace.unza.zm/handle/123456789/5036>
- Brooks, W. L. (2011). In search of a place for the arts: A case study of creative arts pedagogy in the 21st century classroom. (Thesis). University of Sydney. Retrieved from <http://hdl.handle.net/2123/7722>
- [author],. (2008). An evaluation of the integration of indigenous musical arts in the Creative and Performing Arts syllabus and the implementation thereof in the primary school's curriculum in Botswana. (Doctoral Dissertation). University of Pretoria. Retrieved from <http://upetd.up.ac.za/thesis/available/etd-08112008-143414/>
- King, F. (2015). Music activities delivered by classroom generalists in Victorian state primary schools: accounts of teaching practice and frameworks for music activity delivery. (Thesis). RMIT University. Retrieved from <http://researchbank.rmit.edu.au/view/rmit:161665>
- Hammer, L. A. (2020). Teaching Elementary School Music: A Composition Approach. (Master's Thesis). Liberty University. Retrieved from <https://digitalcommons.liberty.edu/masters/639>
- Nam, Y. (2012). Integrating music and language arts: utilizing picture books to teach music in elementary schools. (Master's Thesis). California State University – Northridge. Retrieved from <http://hdl.handle.net/10211.2/1073>
- Sarasin, K. (2019). A Suburban Case of Community Mobilization for Music Education: Lessons for Arts Education in a Cash-Strapped World. (Doctoral Dissertation). National Louis University. Retrieved from <https://digitalcommons.nl.edu/diss/446>
- Lakeman, M. (2019). Harmony & Design: Representing Music in Architecture: Harmony and Design: Representing Music in Architecture: Reinventing Musical Design. (Thesis). North Dakota State University. Retrieved from <http://hdl.handle.net/10365/29825>

C. PROFESSIONAL ORGANIZATIONS

- Music Teacher Association. https://www.mtna.org/MTNA/Learn/Parent_and_Student_Resources/Websites_for_Kids.aspx
- National Museum of American History. <https://americanhistory.si.edu/smithsonian-jazz>
- Education Seattle Pi. <https://education.seattlepi.com/importance-art-music-phys-ed-elementary-school-3272.html>
- NAEYC. <https://www.naeyc.org/resources/pubs/tyc/apr2016/integrating-music-drama-and-dance-helps-children>
- National Association for the Education of Young Children. <https://www.naeyc.org/>
- National Education Association. <https://www.nea.org/home/2580.htm?cpssessionid=SID49F2D42F-401C7F83>

- American Federation of Teachers. <https://www.aft.org/>
- Computer Using Educators. <https://cue.org/>
- National Association for Gifted Children. <https://www.nagc.org/>
- Association for Experimental Education. <https://www.aee.org/>

D. OTHER RELATED WEB PORTALS

- Smithsonian Jazz. <https://americanhistory.si.edu/smithsonian-jazz>
- New York Philharmonic Kid Zone. <https://www.nyphilkids.org/>
- San Francisco Symphony. <http://www.sfskids.org/index.html?f=menu>
- Daria Music. <http://www.dariamusic.com/>
- Creating Music. <http://www.creatingmusic.com/>
- Title Max. <https://www.titlemax.com/songs-to-sing-in-the-car-for-kids/>
- Drum Nuts. <http://www.drumnuts.com/GAMES/Virtual-Drums.php>
- Drum Machine. <https://www.onemotion.com/drum-machine/>
- Center for Puppetry. <https://puppet.org/center-for-puppetryartshome/?fbclid=IwAR2CxtDIK3IUk-nBgaYhYPNPJlvSbvwxl1PTEM2qtaE3LvkmepJuqdJvzDE>
- Crayola. <https://www.crayola.com/athome>
- Sesame Street. <https://www.sesamestreet.org/art-maker>
- Jumpstart Academy. <https://www.jumpstart.com/teachers/lesson-plans/color-lesson-plans>
- PBS Music Games. <https://pbskids.org/games/music/>
- A Place of your Own. <http://www.aplaceofourown.org/activity.php?id=270>
- Nick Jr. <http://www.nickjr.tv/>
- Activity Village. <https://www.activityvillage.co.uk/crafts>
- Daria Music for Children. <https://www.youtube.com/user/DariaMusic/videos>
- ABCYA Paint. https://www.abcya.com/games/abcya_paint

E. RELATED ONLINE RESOURCES FOR TEACHERS

- Chrome Music Lab. <https://musiclab.chromeexperiments.com/Experiments>
- PBS Learning Media. https://www.pbslearningmedia.org/search/?q=music&selected_facets=supplemental_curriculum_hierarchy_nodes:1880&selected_facets=
- Smart Music. <https://www.smartmusic.com/>
- Flat. <https://flat.io/>
- PBS Kids. <https://pbskids.org/games/music/>
- Sound Trap. <https://www.soundtrap.com/edu/>
- Note Flight. <https://www.noteflight.com/>
- Teacher Org. <https://www.teacher.org/lesson-plans/p-e/>
- PE Central. <https://www.teacher.org/lesson-plans/p-e/>
- Physical Education. <https://sharemylesson.com/subject/physical-education>
- Teachers. Net. https://teachers.net/lessonplans/subjects/physical_education/
- Teachnology. https://www.teach-nology.com/teachers/lesson_plans/physical_ed/
- Brain Pop Arts & Music. <https://www.brainpop.com/artsandmusic/>
- Music Games. <https://pbskids.org/games/music/>
- Scrap Coloring. <http://scrapcoloring.com/>
- Aminahs World. <http://aminahsworld.org/>

- Toy Theater. <http://toytheater.com/category/art/>
- Bomomo. <http://bomomo.com/>

F. RELATED ONLINE RESOURCES FOR PARENTS

- Interactive Music Sites. <http://interactivesites.weebly.com/music.html>
- Classic for Kids. <https://www.classicsforkids.com/>
- Music Theory. <https://www.musictheory.net/>
- Epic. <https://www.getepic.com/>
- Go Noodle. <https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>
- Highlight Kids. <https://www.highlightskids.com/>
- Izz It. <https://www.izzit.org/>
- Kinedu. <https://www.kinedu.com/>

IV. TUTORIALS

- Piano Patch Kids. <https://www.pianopatchkids.com/>
- Violin Master Class. <http://violinmasterclass.com/>
- Violin Online. <https://www.violinonline.com/>
- Kids Guitar Zone. <http://www.kidsguitarzone.com/>
- Kinder Art. <https://kinderart.com/category/art-lessons/drawing/>
- Art Projects for Kids. <https://artprojectsforkids.org/category/view-by-grade/0-grade/>
- The PE Specialist. <https://www.thepespecialist.com/blog/podcast/003-how-to-teach-kindergarten-in-pe/>
- 10 Easy Animal Drawings for Kids Vol. 1 | Step by Step Drawing Tutorials | How to Draw Cute Animals. <https://www.youtube.com/watch?v=7SWvIUd2at8>
- 10 Easy Painting Ideas for Kids | Amazing Painting Hacks using Everyday Objects. <https://www.youtube.com/watch?v=KjcaCmlhcgI>
- 8 AWESOME DRAWING TRICKS FOR KIDS. <https://www.youtube.com/watch?v=vY49eNceLBo>
- EASY DRAWING TRICKS FOR KIDS! <https://www.youtube.com/watch?v=kjCzlpDVtUw>
- 10 AWESOME PAINTING TRICKS FOR KIDS. https://www.youtube.com/watch?v=H_YmPmX6tnU
- 30 Simple Art Techniques Everyone Can Do. <https://www.youtube.com/watch?v=M7eCgNYUvxc>
- 16 CREATIVE DRAWING HACKS FOR KIDS. <https://www.youtube.com/watch?v=xSsdnC896pU>
- Cartoon Character Design for Beginners. <https://www.youtube.com/watch?v=61qUZgdH-al>
- Drawing Shapes for Kids | Drawing Animals with Shapes | Learn Shapes and Colors <https://www.youtube.com/watch?v=mrG33P1lwdI>
- Scribble Drawing Art Lesson for Kids! <https://www.youtube.com/watch?v=jESbCaG-68g>
- Physical Activities for Kids: Get Active At Home! https://www.youtube.com/watch?v=3_oIssULEk0
- Dinosaur Exercise for Kids | Indoor workout for Children | No Equipment PE Lesson for Kids. <https://www.youtube.com/watch?v=dg84wx6PPPI>
- Jungle Exercise for Kids | Indoor workout for Children | No Equipment PE Lesson for Kids. <https://www.youtube.com/watch?v=pJGqlla4Dbw>
- 12 Fun physical education games at home | PE games | PE Home Learning | Indoor activities for kids. <https://www.youtube.com/watch?v=24Hi9eguXcM>
- Brain Teasers. <https://www.uen.org/k12student/interactives.shtml>
- Classic for Kids. <https://www.classicsforkids.com/games.html>
- Brain Pop. <https://educators.brainpop.com/lesson-planning/bp-topic/>

- PBS Learning Media. <https://www.pbslearningmedia.org/>
- Pebble Go. <https://pebblego.com/>
- Young Mind Inspire. <https://ymiclassroom.com/categories/language-arts/>

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