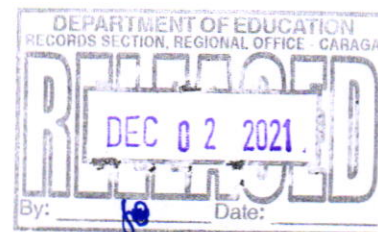




Republic of the Philippines
Department of Education
CARAGA REGION



December 1, 2021

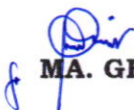
REGIONAL MEMORANDUM

No. 982, s. 2021

To: SCHOOLS DIVISION SUPERINTENDENTS
This Region

DATE, VENUE, RESOURCE SPEAKERS AND TRAINING STAFF OF THE
REGIONAL PHYSICAL FITNESS TEST ADMINISTRATION WEBINAR

1. Cognizant to DepEd Order No. 34, s. 2019, RM No. 378, s. 2021 and RM No. 400, s. 2021, the Division of Surigao del Sur and Tagbina District shall host the conduct of the Regional Webinar on the Physical Fitness Test Administration on December 9-11, 2021 at Tagbina Central Elementary School and Tagbina National High School Sports Complex, Tagbina, Surigao del Sur.
2. The webinar resource speakers and training staff shall be onsite due to the technical requirement of the webinar, while the teacher participants shall be online via google meet meet.google.com/eje-kahm-yas.
3. All participants and training management staff shall strictly observe the local and national health protocols at all times, especially in the actual performance of the physical fitness test to learners at the sports complex.
4. All concerned are enjoined to authorize the resource speakers and participants under their jurisdiction to participate in this training.
5. The names of resource speakers and training staff are found in the Enclosure. Travelling expenses and per diem of resource speakers and training staff shall be charged against local funds subject to the usual accounting and auditing rules and regulations.
6. Immediate and widest dissemination of this Memorandum to all concerned is highly desired.


MA. GEMMA MERCADO LEDESMA
Regional Director 

Encl: As stated

Reference: RM No. 835, s. 2021 and RM No. 400, s. 2021

TO be indicated in the Perpetual Index

Under the following subjects:

TEACHERS

PROGRAM

PPFT

WEBINAR

CLM/bca
12/01/2021



Address: J.P. Rosales Avenue,
Butuan City
Trunkline No: (085) 342-8207
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2021-12-15611

Document Control No:
DepEdRO13-F-REC-013/R3/02-18-2020

Enclosure 1 to Regional Memorandum No. 98, s. 2021

**REGIONAL PHYSICAL FITNESS TEST ADMINISTRATION WEBINAR
RESOURCE SPEAKERS AND TRAINING STAFF**

I. Resource Speakers :

- | | |
|----------------------------|--------------------------|
| 1. Mr. Bernard C. Abellana | - CLMD Regional Office |
| 2. Dr. Tessie Dolores | - CID, Surigao City |
| 3. Dr. Joel Pelenio | - CID, Cabadbaran City |
| 4. Dr. Narcie Fe Solloso | - CID, Bislig City |
| 5. Dr. Abigail Gerong | - CID, Agusan del Norte |
| 6. Mr. Raul Cabatingan | - CID, Bayugan City |
| 7. Mr. Ponciano Alngog | - CID, Tandag City |
| 8. Dr. Antonio Salazar | - CID, Surigao del Sur |
| 9. Mr. Danny Baldos | - CID, Agusan del Sur |
| 10. Mr. Michael Martin | - CID, Butuan City |
| 11. Dr. Iryll Mahilum | - CID, Dinagat Island |
| 12. Dr. Elias Brina | - CID, Siargao Island |
| 13. Dr. Analiza Libago | - CID, Surigao del Norte |
| 14. Dr. Prelyn Sandimas | - CID, Cabadbaran City |

II. Technical/Training Staff :

- | | |
|---------------------------------|------------------------------------|
| 1. Mr. Alexander Xavier Pag-Ong | - CLMD RO - Doc |
| 2. Mr. Roderick Mindajao | - ESSD RO |
| 3. Mr. Nerison Pitogo | - ICT, RO |
| 4. Mr. Noel Zamora | - Surigao Sur - 40 meter sprint |
| 5. Ms. Marissa Cuizon | - Surigao Sur - standing long jump |
| 6. Mr. Leopoldo Olayan | - Surigao Sur - step test |
| 7. Mr. Marlon Villarin | - Surigao Sur - hexagon test |
| 8. Mr. Antonio Pal | - Butuan City - push up |
| 9. Mr. Nicolas Orias | - Butuan City - paper juggling |
| 10. Ms. Rowena Sanchez | - Tandag City - reaction time |
| 11. Ms. Riza Ramos | - Surigao Sur - 1 leg stand |
| 12. Ms. Vivian Camasura | - Surigao Sur - Arm span |
| 13. Mr. Rolito Cervantes | - Surigao Sur - standing height |
| 14. Mr. Raymund Questadio | - Surigao Sur - vertical jump |

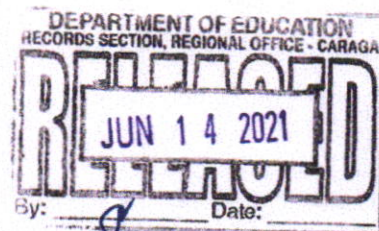
Enclosure 2 to Regional Memorandum No. 981, s. 2021

TRAINING MATRIX

Date	TOPICS	SPEAKERS
Dec. 9, 2021 8:30-9:30AM	Overview of the Physical Fitness Test Administration	MR. BERNARD C. ABELLANA EPS, CLMD
Dec. 9, 2021 9:00-10:30AM	Lecture on Body Mass Index (BMI)	DR. TESSIE C. DOLORES EPS, MAPEH, SURIGAO CITY
Dec. 9, 2021 10:31-11:30AM	Lecture on Flexibility Components	DR. JOEL PELENIO EPS, MAPEH, CABADBARAN CITY
Dec. 9, 2021 1:30PM-2:30PM	Lecture on Cardio Vascular Endurance	MR. MICHAEL U. MARTIN EPS, MAPEH, BUTUAN CITY
Dec. 9, 2021 2:31-3:30PM	Lecture on Strength & Fitness	DR. ANTONIO SALAZAR EPS, MAPEH, SURIGAO DEL SUR
Dec. 9, 2021 3:31-4:30PM	Lecture on Speed and Power	MR. DANNY BALDOS EPS, MAPEH, AGUSAN DEL SUR
Dec. 10, 2021 8:30-9:30AM	Lecture on Agility, Reaction Time and Balance	DR. NARCIE FE SOLLOSO EPS, MAPEH, BISLIG CITY
Dec. 10, 2021 9:31-12:00	Test Simulation and Demonstration on Health Related Fitness	DR. TESSIE DOLORES DR. JOEL PELENIO DR. ANTONIO SALAZAR MR. DANNY BALDOS DR. NARCIE FE SOLLOSO DR. PRELYN SANDIMAS DR. ANALIZA LIBAGO DR. IRYLL MAHILUM
Dec. 10, 2021 1:30-5:00PM	Test Simulation and Demonstration on Sports Related Fitness	MR. BERNARD ABELLANA MR. MICHAEL U MARTIN DR. JOEL PELENIO MR. RAUL CABATINGAN PONCIANO ALNGOG DR. ABIGAIL GERONG DR. ELIAS BRINA
Dec. 11, 2021 8:00-12:00AM	Onsite Trial Testing w/ Learners utilizing health protocols	ALL PPFT IMPLEMENTORS & LEARNERS
Dec. 11, 2021 1:00-3:00PM	CLEARING THE HOUSE	SPEAKERS/FACILITATORS
Dec. 11, 2021 3:01-4:00PM	CLOSING PROGRAM	



Republic of the Philippines
Department of Education
CARAGA REGION



June 14, 2021

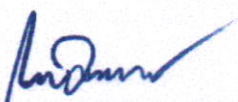
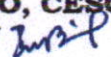
REGIONAL MEMORANDUM

No. 400, s. 2021

To: SCHOOLS DIVISION SUPERINTENDENTS
This Region

POSTPONEMENT OF THE CONDUCT OF REGIONAL PHYSICAL
FITNESS TEST ADMINISTRATION

1. Due to the heightening of Covid-19 cases in Caraga Region including the host province of Surigao del Sur, the conduct of Regional Physical Fitness Test Administration for MAPEH/SPA/SPS teachers to be held in Tagbina CES and Tagbina NHS on June 16-18, 2021 is indefinitely postponed.
2. Schools Division Offices (SDOs) shall be notified as to the holding of the said activity once the local IATF shall allow the region to conduct the same.
3. Immediate dissemination of this Memorandum to all concerned is highly appreciated.


EVELYN R. FETALVERO, CESO IV
Director IV 

Encl.: None.

Reference: Regional Memorandum No. 378, s. 2021

To be indicated in the Perpetual Index
under the following subjects:

PPFT PROGRAM TEACHERS TRAINING

CLM/bca
06/14/2021



Address: J.P. Rosales Avenue,
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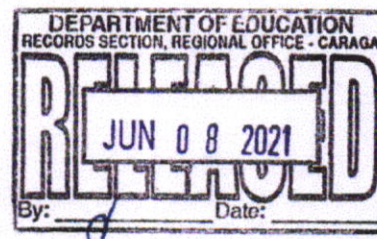


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Republic of the Philippines
Department of Education
CARAGA REGION



June 7, 2021

REGIONAL MEMORANDUM

No. 378, s. 2021

TO: SCHOOLS DIVISION SUPERINTENDENTS
This Region

**CHANGE OF VENUE FOR THE CONDUCT OF THE REGIONAL
PHYSICAL FITNESS TEST ADMINISTRATION**

1. Cognizant to Regional Memorandum No. 319.s, 2021 dated May 20, 2021, the new venue for the conduct of the Regional Online Training on Physical Fitness Test Administration for MAPEH, SPA/SPS Teachers shall be at Tagbina Central ES and Tagbina National High School, Surigao del Sur on June 16-18, 2021.
2. All SDO online participants and the 30 onsite training management team shall strictly observe the local and national IATF health protocols at all times.
3. Tagbina CES and Tagbina National High School, Surigao del Sur are identified as the most suitable venue due to the proximity of Sports complex within the school campus.
4. Meals and Snacks and training supplies/paraphernalia of the regional and division training management team shall be shouldered by the regional office chargeable against the CLMD training funds, while travelling expenses and per diem of participants, supervisors and training staff shall be charged against local funds subject to the usual accounting and auditing rules and regulations.
5. All other provision of RM No. 319, s. 2021 are still in effect.
6. Wide dissemination of this Memorandum to all concerned is greatly appreciated.

EVELYN R. FETALVERO, CESO IV
Director IV [Signature]

Encls.: None.

Reference: RM 319.s, 2021

To be indicated in the Perpetual Index
Under the following subjects:

PPFT PROGRAM TEACHERS TRAINING

CLM/bca
6/07/2021



Address: J.P. Rosales Avenue,
Butuan City
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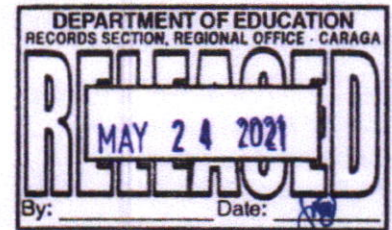


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Document Control No:
DepEdRO13-F-REC-013/R3/02-18-2020



Republic of the Philippines
Department of Education
CARAGA REGION



May 20, 2021

REGIONAL MEMORANDUM

NO. 319, s. 2021

TO: SCHOOLS DIVISION SUPERINTENDENTS
This Region

**REGIONAL ONLINE TRAINING ON PHYSICAL FITNESS TEST
ADMINISTRATION FOR MAPEH/SPA/SPS TEACHERS**

1. Pursuant to DepEd Order No. 34.s, 2019, all elementary and secondary learners need to actively engage in lifelong habits of regular physical fitness activities for the overall health improvement and quality of life. Thus, the conduct of the Regional Online Training on Physical Fitness Test Administration for MAPEH, SPA/SPS Teachers shall be held on June 16-18, 2021 at Hinatuan National High School, Surigao del Sur.

2. The training aims to;

1. Increase teachers knowledge and understanding on PPFT;
2. Clarify PPFT guidelines and mechanics;
3. Develop and Strengthen the technical skills; and
4. Simulate the actual conduct of physical fitness test administration.

3. Participants are the following :

ONSITE	ONLINE
1. Regional MAPEH Supervisor-1	1. 10 selected elementary teachers per SDO - 120 pax
2. Division MAPEH Supervisors-12	
3. Division MAPEH Facilitators -12	
4. Regional Training Mgt -7	2. 10 secondary teachers per SDO-120 pax.
5. Regional QATAME	

4. All participants and the training management team shall strictly observe the local and national IATF health protocols at all times.

5. The schools division of Surigao del Sur and Hinatuan National High School are identified as the most suitable venue due to the proximity of Surigao del Sur Sports complex.

6. Meals and Snacks and training supplies/paraphernalia of the regional and division training management team shall be shouldered by the regional office chargeable against the CLMD training funds, while travelling expenses and per diem of participants, supervisors and training staff shall be charged against local funds subject to the usual accounting and auditing rules and regulations.

7. Hereto attached is the list of the Regional and Division Training Management Team.



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2021-05-5791

Document Control No:
DepEdRO13-F-REC-013/R3/02-18-2020

8. Immediate dissemination of this Memorandum is desired.


EVELYN R. FETALVERO, CESO IV
Director IV 

Encls.: List of RO-SDO training staff.

Reference: D.O. 34.s, 20199

To be indicated in the Perpetual Index

Under the following subjects:

PPFT PROGRAM TEACHERS TRAINING

CLM/bca
5/20/2021



Republic of the Philippines
Department of Education

09 DEC 2019

DepEd ORDER
No. **034**, s. 2019

REVISED PHYSICAL FITNESS TEST MANUAL

To: Undersecretaries
Assistant Secretaries
Bureau and Service Directors
Regional Directors
Schools Division Superintendents
Public and Private Elementary and Secondary School Heads
All Others Concerned

1. The Department of Education (DepEd) issues the enclosed **Revised Physical Fitness Tests (PFT) Manual** for information and guidance of all elementary and secondary schools nationwide.

2. Physical fitness is crucial for well-being and active life. The total progress of an individual should be prioritized in terms of the physical, mental, emotional, social aspects and health through a comprehensive physical fitness program and assessment. The learners can only perform at the height of their performance when they are healthy and strong. Thus, the learners need to actively engage in lifelong habits of regular physical activities for their overall health improvement and quality of life.

3. Under the K to 12 Basic Education Curriculum, Physical Fitness is one of the major goals of the Physical Education Program and shall be incorporated/adopted in the curriculum from Grades 4 to 10. The administration and implementation of the testing program shall be treated as an essential component of the Physical Education and School Sports Programs from Grades 4 to 12.

4. The PFT is a set of measures designed to determine a learner's level of physical fitness. It has two components Health Related and Skills Related Fitness.

5. The PFT shall be treated as an essential component of the Physical Education and School Sports Program, for the elementary (Grades 4, 5) and secondary levels. It shall be administered at the beginning of the first quarter and of the third quarter, to monitor improvement/progress.

6. The results of the tests shall be recorded, summarized, and submitted to the Bureau of Curriculum Development-Special Curricular Programs Division (BCD-SCPD) for evaluation, in coming up with the Philippine Physical Fitness Norms. Likewise, the schools, schools division and/or region are encouraged to do the same in their respective schools/schools divisions/regions to determine the learners' Physical Fitness Norms.

7. Learners who are 15 years old and above should answer the PAR-Q & YOU questionnaire before undertaking the tests in Enclosure No. 3.

8. The Physical Fitness Test Manual shall serve as a guidebook for teachers who handle physical education subject so as to be guided with proper procedures and executory activities.

9. The Curriculum Implementation Division (CID) shall undertake annual progress monitoring, the Curriculum and Learning Management Division (CLMD) shall focus on results monitoring, while the BCD-SCPD shall interpret the monitoring results for analysis and policy reformulation.

10. All other provisions of DECS Order No. 54, s. 1994 titled **Physical Fitness Through Jump Rope and Aerobics Exercises** and all other issuances inconsistent with this Order, are hereby rescinded.

11. This policy shall take effect on 2020-2021 upon approval, and should remain in force and in effect for the duration of the program, unless otherwise repealed, amended or rescinded.

12. Immediate dissemination of and strict compliance with this Order is directed.


LEONOR MAGTOLIS BRIONES
Secretary

Encls.:

As stated

Reference:

DECS Order No. (54, s. 1994)

To be indicated in the Perpetual Index
under the following subjects:

LEARNERS
MANUALS
POLICY
SCHOOLS
SPORTS
STUDENTS
TEACHERS