



January 17, 2020

REGIONAL MEMORANDUM
No. 061, 2020



ORIENTATION ON THE REVISED PHYSICAL FITNESS TEST (PFT)

To: **Schools Division Superintendents**
This Region

1. Cognizant to the Memorandum No. DM-CI: 2020-00 of Hon. Diosdado M. San Antonio, Undersecretary for Curriculum and Instruction dated January 14, 2020 through the Bureau of Curriculum Development, Special Curricular Programs Division and School Sports Division shall conduct the Orientation on the Revised Physical Fitness Test (PFT) on February 4-7, 2020 at Lingayen, Pangasinan.

2. The identified participants from the division offices are the following :

No.	Designation/Position	Names of Officials	Divisions
1	Regional MAPEH Supervisor	Bernard C. Abellana	CLMD- Regional Office
2	Division MAPEH Supervisor	Dr. Abegail Gerong	EPS-MAPEH, Agusan del Norte
3	Division MAPEH Supervisor	Mr. Ferdinand Elma	EPS-MAPEH, Agusan del Sur
4	Division MAPEH Supervisor	Mr. Raul Cabatingan	EPS-MAPEH, Bayugan City
5	Division MAPEH Supervisor	Mr. Jay Ayap	EPS-MAPEH, Bislig Ci
6	Division MAPEH Supervisor	Ms. Annabelle Chan	EPS-MAPEH, Butuan City
7	Division MAPEH Supervisor	Dr. Joel Pelenio	EPS-MAPEH, Cabadbaran City
8	Division MAPEH Supervisor	Dr. Iryll Mahilum	EPS-MAPEH, Dinagat Island
9	Division MAPEH Supervisor	Dr. Elias Brina	EPS-MAPEH, Siargao Island
10	Division MAPEH Supervisor	Dr. Tessie Dolores	EPS-MAPEH, Surigao City
11	Division MAPEH Supervisor	Dr. Paulita Vernal	EPS-MAPEH, Surigao del Norte
12	Division MAPEH Supervisor	Dr. Antonio Salazar	EPS-MAPEH, Surigao del Sur
13	Division MAPEH Supervisor	Dr. Ponciano Alngog	EPS-MAPEH, Tandag City

3. The following Supervisors shall be in Siargao on February 7, 2020 for the RSC ocular inspection to wit ; 1. Bernard Abellana, 2. Joel Pelenio, 3. Tesside Dolores and 4. Antonio Salazar.
4. The Travelling expenses of participants shall be charged to the downloaded funds of the region, while the board and lodging, training kit and other expenses related to the training management shall be charged against the BCD-HRTD funds subject to the usual accounting and auditing rules and regulations.
5. Participants are requested to submit their confirmation on or before January 28, 2020 to Ms. Rosa Ligaya Domingo tel no. (02)8632-7586 or email at rosa.domingo002@deped.gov.ph
6. Wide and immediate dissemination of this Memorandum to all concerned is highly desired.

FRANCIS CESAR B. BRINGAS
Assistant Regional Director
Officer In-Charge



DCC No.: DepEdRO13-F-REC-013/R2/9-4-2019



ISO 9001:2015 CERTIFIED
Certificate No.:
UAE/QMS/2019/1938



(085) 342 - 8207
(085) 342 - 7347
(085) 341- 3899



caraga@deped.gov.ph



caraga.deped.gov.ph



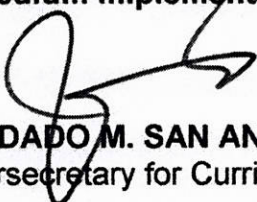
Republic of the Philippines
DEPARTMENT OF EDUCATION
DepED Complex, Meralco Avenue
Pasig City 1600

DM-CI: 2020-00__

MEMORANDUM

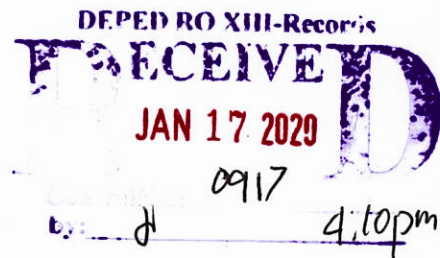
To : All Regional Directors

Attention : Schools Division/City Superintendent
Curriculum and Learning Management Division (CLMD)
Curriculum Implementation Division (CID)

From : 
DIOSDADO M. SAN ANTONIO
Undersecretary for Curriculum and Instruction

Subject : Orientation on the Revised Physical Fitness Test (PFT)

Date : January 14, 2020



With the goal of promoting physical fitness among students, the Department of Education recognizes the need to administer and implement a comprehensive physical fitness testing program whose guidelines and procedures are articulated in the Revised Standard Physical Fitness Test (PFT) Manual. New test items are incorporated to meet the changing fitness demands and requirements.

With this, the Department of Education (DepEd) through the Bureau of Curriculum Development, Special Curricular Programs Division, will conduct a 4-day Orientation on the Physical Fitness Tests on February 4-7, 2020 at Lingayen, Pangasinan.

The objectives of the activity are to: a) acquire a unified understanding of the administration of the Physical Fitness Tests; and b) enhance the knowledge and skills of participants on the administration of the Revised Physical Fitness Tests.

Office of the Undersecretary
for Curriculum and Instruction

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(02) 636-4879



Republic of the Philippines
DEPARTMENT OF EDUCATION
DepED Complex, Meralco Avenue
Pasig City 1600

OAU-SCPD, BCD-2019-00 1114

For : **DIOSDADO M. SAN ANTONIO**
Undersecretary for Curriculum and Instruction

From : **JOCELYN DR ANDAYA**
Director IV *JH*

Subject : Change of Date for the Orientation on the Physical
Fitness Tests (PFT)

Date : January 14, 2020

Authority is requested for the change of date re Conduct of the Orientation on the Physical Fitness Tests.

Activity	Old Schedule	Change Date	New Schedule
Orientation on the Physical Fitness Tests	November 26-29, 2019	January 21-24, 2020	February 4-7, 2020

Attached is a copy of the approved authority to conduct.

For your approval.

Minda J. Reyes 1/14/2020

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The participants are the CLMD and CID Chiefs or their representatives. The Matrix of Activities and the number of slots per region are provided in Annex A and B, for reference.

All expenses relative to the conduct of the said activity including board and lodging, supplies and materials, and other incidental expenses shall be charged against 2019 BCD-HRTD funds. Travelling expenses of participants were downloaded to the respective regions subject to the usual government accounting and auditing rules and regulations.

To submit Annex C, please scan the accomplished template and send to rosa.domingo002@deped.gov.ph or through telephone nos. (02) 8632-7586 and (02) 8632-0170

The participants are advised to confirm their participation on or before January 26, 2020, Tuesday

Immediate and wide dissemination of this memorandum is requested.

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Annex A

Orientation on the Revised Physical Fitness Test (PFT)

Narciso Complex and Activity Center, Pangasinan 1, Region 1
February 4-7, 2020

No. of slots per region

REGIONS	REGION	DIVISION
Region 1	1	14
Region 2	1	9
Region 3	1	20
Region 4A	1	19
Region 4B	1	7
Region 5	1	13
Region 6	1	19
Region 7	1	19
Region 8	1	13
Region 9	1	8
Region 10	1	14
Region 11	1	10
Region 12	1	7
CARAGA	1	12
CAR	1	8
NCR	1	16
BARMM	1	12

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ORIENTATION ON THE PHYSICAL FITNESS TESTS
Lingayen, Pangasinan
February 4-7, 2020
Schedule of Activities

- Objectives:
- 1. To enhance the knowledge and skills of participants on the administration of the PFT.
 - 2. To come up with a unified administration of the PFT and interpretation of test results.

Time	Date	February 3	February 4	February 5	February 6	February 7	
6:00 - 7:30	Arrival Registration		B R E A K F A S T				
7:30-8:00			Opening Program Orientation and Mechanics	Management of Learning (MOL)			
8:00 - 8:30				PS 3 Physical Fitness Tests	Practicum Administration of the PFT in one elementary and one secondary schools	WS 2 Training Design by Region and Division	
10:00 - 10:20			S N A C K				
10:20 - 12:00			PS 1 Eating and Exercise Protocols	↓	↓	↓	
12:00 1:30			L U N C H				
1:30 - 3:00			PS 2 Strengthening the Core Muscles	PS 4 Physical Fitness Tests Protocols	WS 1 Computation, Recording, Interpretation of Test Results	Clearing House Closing Program	
3:20 - 5:00			S N A C K				
			↓	↓	↓		
6:00 - 8:00			D I N N E R				
Expected Output		Training Design					



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Annex C

Orientation on the Revised Physical Fitness Test (PFT)

Narciso Complex and Activity Center, Pangasinan 1, Region 1
February 4-7, 2020

CONFIRMATION SHEET

Date: _____

To Dir. Andaya:

This is to confirm the participation of the following personnel re **Orientation on the Revised Physical Fitness Test (PFT)** to be held in Narciso Complex and Activity Center, Pangasinan 1, Region 1

Instruction: Please check (/) the schedule. If not available, please indicate the name of their replacement.

Name	Position	Regional Office	Division Office
1.			
2.			
3.			
4.			

Approved by:

Printed Name and Signature

Designation: _____

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for Curriculum and Instruction

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(02) 636-4879



ANNEX C

412618

Republic of the Philippines
Department of Education

19-11-0446

SCPD-0-2019-0- 605

DATE: OCT. 02, 2019

Authority to Conduct (ATC)
ATC No.: ATC-2019-CO-00702

Office of the Sec. for Finance
RECEIVED
20 NOV 2019
BY: Ray TIME: 10:31

2019-11184

FOR : **RAMON FIEL G. ABCEDE**
Assistant Secretary for Finance

THRU : **DIOSDADO M. SAN ANTONIO**
Undersecretary for Curriculum and Instruction

FROM : **JOCELYN DR ANDAYA**
Director IV

Subject : **REQUEST FOR THE CONDUCT OF THE ORIENTATION
ON THE PHYSICAL FITNESS TESTS**

NAME OF PROGRAM(S)/PROJECT(S)	Program/Project Name: Special Program in Sports											
OUTPUT(S) TO BE PRODUCED AND ITS CODE(S)	Output Code	Outputs	Physical Target									
	OC-19-BCD-HRTD-030	Regional and Division Training Design Physical Fitness Test	237									
ACTIVITY/IES TO BE REQUESTED	Activity Code	Name of Activities										
	AC-19-BCD-HRTD-065	Orientation on the Physical Fitness Test										
ACTIVITY/IES WITH DOWNLOADING	Board and Lodging											
	Division:		Amount:									
	Pangasinan I		Php 2,000,000.00									
	Transportation expenses of participants from different regions											
	Total: (see-attached budget estimates)	Already Downloaded from activity code AC-19-BCD-HRTD-016 (642,100.00) and AC-19-BCD-HRTD-022 (1,102,300.00) Php1,744,400.00	Remaining amount for Downloading - 9 409,900									
		<table border="1"><thead><tr><th>Region</th><th>Amount</th></tr></thead><tbody><tr><td>Region 6</td><td>90,100.00</td></tr><tr><td>Region 7</td><td>102,400.00</td></tr><tr><td>Region 10</td><td>40,600.00</td></tr><tr><td>Total</td><td>233,100.00</td></tr></tbody></table>	Region	Amount	Region 6	90,100.00	Region 7	102,400.00	Region 10	40,600.00	Total	233,100.00
Region	Amount											
Region 6	90,100.00											
Region 7	102,400.00											
Region 10	40,600.00											
Total	233,100.00											
ANNALYN M. SEVILLA Undersecretary for Finance - BPM												

4,316,500.00 w audit

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