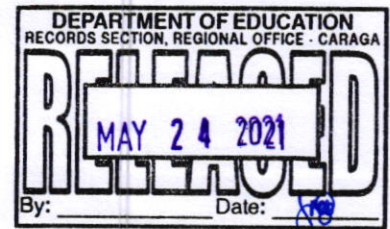




Republic of the Philippines
Department of Education
CARAGA REGION



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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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
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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.

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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