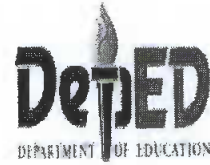


Department of Education
Region X-Northern Mindanao
DIVISION OF MALAYBALAY CITY
Cor. Don Carlos - Guingona Sts., Malaybalay City
Telefax # 088-813-2894, E-mail add: depedmlyblycity@yahoo.com



DIVISION MEMORANDUM
No. 291, s. 2013

Deped-MALAYBALAY CITY DIVISION
RELEASED

Date: 10-11-13 Time: 11:37
By: [Signature]

SPECIAL PROGRAM IN SPORTS: TRAINING ON THE PHYSICAL FITNESS TESTS

To : Education Program Supervisors & Division Coordinators
Public Schools District Supervisors
Public and Private Secondary School Heads
This Division

From : *[Signature]*
EDILBERTO L. OPLENARIA,
Schools Division Superintendent

Date : *[Signature]*
October 11, 2013

-
1. Pursuant to DepEd Memorandum No. 183, s. 2013, the field is hereby informed that the Bureau of Secondary Education (BSE) will conduct the **Special Program in Sports: Training on the Physical Fitness Tests on November 15-17, 2013 at Teachers Camp, Baguio City.**
 2. The training aims to:
 - a. help the teacher-participants assess students' skills/talents in sports and measure their strengths and weaknesses;
 - b. enhance their knowledge and skills on the Revised PFT; and
 - c. validate the test.
 3. The participants to this training are regional and division sports supervisors, sports coordinators and teachers of SPS schools/recipients of the financial subsidy; other schools implementing the program, and public and private schools which are interested to implement the Special Program in Sports.
 1. A registration fee of **Three Thousand Five Hundred Pesos (P 3, 500.00)** shall be charged to each participant to cover board and lodging, supplies and materials and other incidental expenses relative to the training. Registration fee and travelling expenses of participants shall be charged to MOOE/SEF/Local funds subject to the usual accounting and auditing rules and regulation.
 4. Enclosed are the confirmation of participants form and the schedule of activities.
 5. Immediate dissemination of this Memorandum is desired.



Republic of the Philippines
Department of Education

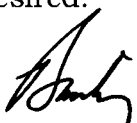
04 OCT 2013

DepEd MEMORANDUM
No. **183**, s. 2013

SPECIAL PROGRAM IN SPORTS: TRAINING ON THE PHYSICAL FITNESS TESTS

To: Bureau Directors
Regional Directors
Schools Division/City Superintendents
Heads, Public and Private Secondary Schools

1. One of the requirements for students' admission to the Special Program in Sports (SPS) is to pass the Physical Fitness Tests (PFT). Thus, the Bureau of Secondary Education (BSE) will conduct the **Special Program in Sports: Training on the Physical Fitness Tests** on November 15-17, 2013 at the Teachers Camp, Baguio City.
2. The Training aims to:
 - a. help the teacher-participants assess students' skills/talents in sports and measure their strengths and weaknesses;
 - b. enhance their knowledge and skills on the Revised PFT; and
 - c. validate the test.
3. The participants to this training are regional and division sports supervisors, sports coordinators and teachers of SPS schools/recipients of the financial subsidy; other schools implementing the program, and public and private schools, which are interested to implement the SPS.
4. A registration fee of Three Thousand Five Hundred Pesos (P 3,500.00) shall be charged to each participant to cover board and lodging, supplies and materials, and other incidental expenses relative to the training. Registration fee and traveling expenses of participants shall be charged to the Maintenance and Other Operating Expenses (MOOE)/Special Education Fund (SEF)/local funds, while board and lodging and traveling expenses of resource persons and training staff shall be charged to BSE Funds, subject to the usual accounting and auditing rules and regulations.
5. The registration will start at 1:30 p.m. on **November 14, 2013** at the venue. The first meal to be served will be dinner on **November 14** and the last meal will be p.m. snacks on **November 17, 2013**. Enclosed are the Confirmation of Participants Form and the Schedule of Activities.
6. For more information, all concerned may contact **Ms. Rosa Ligaya C. Domingo** or **Ms. Erlinda F. Estrada**, Staff Development Division (SDD), Bureau of Secondary Education (BSE), Department of Education (DepEd), DepEd Complex, Meralco Avenue, Pasig City at telefax no.: (02) 632-7586.
7. Immediate dissemination of this Memorandum is desired.


BR. ARMIN A. LUISTRO FSC
Secretary

Encls.:

As stated

Reference:

DepEd Memorandum: No. 77, s. 2012

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

OFFICIALS

SPORTS

TRAINING PROGRAMS

Madel: SPS

0807-August 29, 2013/9-3/9-12/9-17

(Enclosure No. 1 to DepEd Memorandum No. 183, s. 2013)

Special Program in Sports (SPS): Training on the Physical Fitness Test

Confirmation of Participants




| No. | Name | School | Events |
|-----|------|--------|--------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Noted by:

SPECIAL PROGRAM IN SPORTS: TRAINING ON THE PHYSICAL FITNESS TESTS

Teachers Camp, Baguio City
November 15 - 17, 2013

Schedule of Activities

| Time Date | November 14 | November 15 | November 16 | November 17 |
|---------------|---|---|--|---|
| 5:30 - 7:30 | Arrival and Registration  | B R E A K F A S T Management of Learning/Unfreezing Activities Administration of the Tests PS 3 Recording and Interpretation of Results | S N A C K S PS 1 Benefits of Physical Fitness L U N C H PS 2 The Physical Fitness Tests Protocols S N A C K S Closing Program | D I N N E R  |
| 8:00-8:15 | | | | |
| 8:00 | | | | |
| 9:00 | | | | |
| 10:00 - 10:20 | | | | |
| 10:20 - 12:00 | | | | |
| 12:00 1:30 | | | | |
| 1:30 - 3:00 | | | | |
| 3:00 - 3:20 | | | | |
| 3:20 - 5:00 | | | | |
| 6:00 - 8:00 | D I N N E R  | | | |

PS 1

- The session shall focus on the components of PF and its benefits

PS 2

- A discussion on an introduction to the PFT and the tests procedures/protocols

PS 3

- The session shall focus on the how to record and interpret tests results