

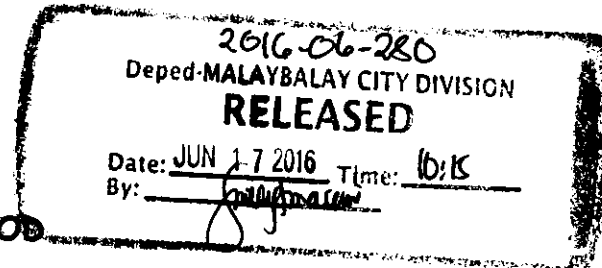


Department of Education
Region X-Northern Mindanao
DIVISION OF MALAYBALAY CITY

Purok 6, Casisang, Malaybalay City
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DIVISION MEMORANDUM
No. 305, s. 2016



To : Chief Education Supervisors, CID and SGOB
Education Program Supervisors
Public Schools District Supervisors
Public Elementary & Secondary School Heads
All Others Concerned
This Division

From : *for:* 
EDILBERTO L. OPLENARIA, CESO VI
Schools Division Superintendent

Date : June 16, 2016

Subject: IMPLEMENTATION OF THE REVISED K TO 12 PHYSICAL FITNESS TESTS (PFT) FOR GRADES 4 TO 10 MAPEH LEARNERS

1. In line with the implementation of the *Revised Physical Fitness Tests (PFT)* per DepEd Memorandum No. 6, s. 2016 for Grades 4 to 10 MAPEH Learners, this office through Music, Arts, Physical Education and Health (MAPEH) of the Curriculum Implementation Division is adopting the enclosed Physical Fitness Tests Manual and Forms A, B & C which can also be downloaded in the website at www.depedmalaybalay.net
2. Effective School Year 2016 - 2017, the revised Physical Fitness Tests shall be implemented in public elementary and secondary schools to ensure the attainment of the objective and uniformity in the administration of the tests every 1st Quarter (Pre-Test) and 4th Quarter (Post-Test) respectively. Submission of reports by district/school/grade level shall be done at the end of the school year, Attention: LOU-ANN J. CULTURA, EPS - I MAPEH.
3. Immediate dissemination of this memorandum is desired.



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PHYSICAL FITNESS TEST (PFT) SCORE CARD
S.Y. 2016 - 2017

NAME: _____ GRADE/SECTION: _____ AGE: _____ SEX: _____
SCHOOL: _____ DISTRICT: _____ BIRTHDAY: _____

PART I. HEALTH - RELATED FITNESS TEST

PARAMETERS	ACTIVITIES	PRE-TEST (1 st Quarter)	POST-TEST (4 th Quarter)
A. BODY COMPOSITION	Body Mass Index (BMI)		
	BMI = $\frac{\text{Weight (kg.)}}{\text{Height (m)}^2}$	• Height (meters)	
		• Weight (kilograms)	
		• BMI	
B. CARDIOVASCULAR ENDURANCE	3 - Minute Step Test	Heart Rate Per Minute	
		• Before the Activity	
		Heart Rate Per Minute	
	• After the Activity		
	Heart Rate Recovery		
C. STRENGTH	90 Degrees Push-Up	• Number of Push-Up	
	Basic Plank	• Time (00:00)	
D. FLEXIBILITY	Zipper Test	Overlap Gap - Right Arm (cm)	
		Overlap Gap - Left Arm (cm)	
	Sit and Reach (cm)	• First Try	
		• Second Try	
• Best Score			

PART II. SKILL - RELATED FITNESS TEST

PARAMETERS	ACTIVITIES	PRE-TEST	POST-TEST
A. COORDINATION	Juggling	• Score: Number of Hits	
B. AGILITY	Hexagon Agility Test	• Clockwise Time (00:00)	
		• Counter Clockwise Time	
C. SPEED	40 Meter Sprint	• Time (00:00)	
D. POWER	Standing Long Jump (distance in cm)	• First Trial (cm)	
		• Second Trial (cm)	
		• Middle Score (cm)	
E. BALANCE	Stork Balance Stand Test	• Right Foot Time (00:00)	
		• Left Foot Time (00:00)	
F. REACTION TIME	Stick Drop Test	• First Trial (cm)	
		• Second Trial (cm)	
		• Third Trial (cm)	
		• Middle Score (cm)	

Name of MAPEH Teacher

Name of MAPEH Dept. Head

