



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

No. 479, s. 2015

2015-11-16
Deped-MALAYBALAY CITY DIVISION
RELEASED
Date: NOV 11 2015 Time: 11:00
By: [Signature]

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

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

Date : November 2, 2015

Subject : **DIVISION ECHO-ORIENTATION WORKSHOP ON THE ADMINISTRATION OF K TO 12 PHYSICAL FITNESS TESTS FOR ELEMENTARY & SECONDARY SCHOOL MAPEH TEACHERS**

1. This office through Music, Arts, Physical Education and Health (MAPEH) of the Curriculum Implementation Division shall hold a **Division Echo-Orientation Workshop on the Administration of K to 12 Physical Fitness Tests for Elementary and Secondary School MAPEH Teachers on December 2, 2015 at Malaybalay City Central School Gym.**
2. The activity aims to provide a tool to:
 - a. assess the students' level of fitness;
 - b. identify strengths and areas for development/improvement;
 - c. determine bases for the selection of physical activities for enhancement;
 - d. gather and analyze data for norms and standards setting;
 - e. motivate and guide students in choosing the sports activities they would like to participate in; and
 - f. assist the teachers in the administration of the revised Physical Fitness Test as basic requirements for Grades 4 to 10 students in the K to 12 Curriculum.
3. Participants to this orientation-workshop are District Supervisors, District Sports Coordinators, School Sports Coordinators, MAPEH Department Head (secondary), Elementary and Secondary MAPEH Teachers.
4. Registration fee of **Three Hundred Fifty Pesos (Ph350.00)** shall be charged to each participant to defray expenses for 1 lunch, 2 snacks, and training materials. Distribution of participants by district is hereby attached for reference and guidance.
5. Travelling expenses and registration fee of participants shall be charged against school funds subject to the usual accounting and auditing rules, policies and regulations.
6. Immediate dissemination of this memorandum is desired.

PARTICIPANTS BY DISTRICT:

No.	Districts	MAPEH Teacher	MAPEH/ Sports School Coordinator	Total
1	District 1 – Kalasungay			
	Kalasungay CS	1	1	2
	New Ilocos ES	-	1	1
	Kapitan Angel ES	-	1	1
	Dalwangan ES	1	1	2
	Patpat ES	-	1	1
	Kalasungay NHS	-	1	1
	Sub-Total =			8
2	District 2 – Sumpung			
	Sumpung CS	1	1	2
	Candiisan ES	-	1	1
	Can-ayan IS	1	1	2
	Tintinaan ES	-	1	1
	Manalog ES	-	1	1
	Baganao ES	-	1	1
	Kibalabag ES	-	1	1
	Kilap-agan ES	-	1	1
	Taguilanao ES	-	1	1
	Sub-Total =			11
3	District 3 - Malaybalay Central 1			
	Bukidnon National HS	2	1	3
	BNHS-Annex Dalwangan	-	1	1
	BNHS-Annex Imbayao	-	1	1
	Imbayao ES	-	1	1
	Sta. Ana ES	-	1	1
	Sub-Total =			7
4	District 4 – Malaybalay Central 2			
	Malaybalay City Central School	2	1	3
	BCT ES	-	1	1
	Barangay 9 ES	-	1	1
	Casisang NHS	1	1	2
	Sub-Total =			7
5	District 5 - Casisang			
	Casisang Central School	1	1	2
	Airport Village ES	1	1	2
	Natid-asan ES	-	1	1
	San Jose ES	1	1	2
	Mabuhay ES	-	1	1
	Panamucan ES	-	1	1
	Sub-Total =			9
6	District 6 - Aglayan			
	Aglayan Central School	1	1	2
	Balangbang ES	-	1	1
	Cabangahan ES	-	1	1
	Bendolan ES	-	1	1
	Laguitas ES	-	1	1
	Magsaysay ES	-	1	1
	Mapayag ES	-	1	1
	Malaybalay City Science HS	1	1	2
	Sub-Total =			10

7	District 7 – Bangcud			
	Bangcud Central School	2	1	3
	Bangcud NHS	2	1	3
	Binalbagan ES	-	1	1
	Simaya ES	-	1	1
	Dapulan ES	-	1	1
	Calawag ES	-	1	1
	Padernal ES	-	1	1
	Macote ES	-	1	1
	Total =			12
8	District 8 – Linabo			
	Linabo Central School	2	1	3
	Lalawan ES	-	1	1
	Paiwaig ES	-	1	1
	Sawaga ES	-	1	1
	Malappag ES	-	1	1
	San Roque ES	-	1	1
	San Martin ES	1	1	2
	San Martin Agro IHS	1	1	2
	Sub-Total =			12
9	District 9 – Managok			
	Managok Central School	1	1	2
	Managok National HS	1	1	2
	Maligaya ES	-	1	1
	Dumayas ES	-	1	1
	Bagong Silang ES	-	1	1
	Langasihian ES	-	1	1
	Matangpatang ES	-	1	1
	Miglamín ES	-	1	1
	Lunokan ES	-	1	1
	Sub-Total =			11
10	District 10 - Zamboanguita			
	Zamboanguita Central School	1	1	2
	Indalasa ES	-	1	1
	St. Peter ES	-	1	1
	Kibalabag ES	-	1	1
	Silae ES	-	1	1
	Silae National HS - Main	1	1	2
	St. Peter- Annex	-	1	1
	Mapulo ES	-	1	1
	Tuburan ES	-	1	1
	Caburacan ES	-	1	1
	Kulaman ES	-	1	1
	Busdi IS	1	1	2
	Sub-Total =			15
	Teacher-Participants			102
	District Sports Coordinators (new)			6
			TOTAL	108
7	District Sports Coordinators & 1 SPS School Coord.			5
8	District Supervisors			10
9	CHIEF – CID & SGOD			2
10	1 SDS, 1 EPS/1 Div. Sports Coord., 4 Facilitators & 3 Support Staff			10
			GRAND TOTAL	135

**DIVISION ECHO-ORIENTATION WORKSHOP ON THE ADMINISTRATION OF K TO 12
PHYSICAL FITNESS TESTS FOR ELEMENTARY & SECONDARY MAPEH TEACHERS**

December 2, 2015

SCHEDULE OF ACTIVITIES

TIME	TOPICS	In-Charge/Facilitator	VENUE
7:00 – 8:30 am	Arrival and Registration	<ul style="list-style-type: none"> Ms. Rhea G. Rarogal BNHS-SPS Sports Coordinator Ms. Fe Sebuguero MCCS, Sports Coordinator 	MCCS Gym
8:30 – 9:00 am	OPENING PROGRAM	<ul style="list-style-type: none"> Mr. Feliciano Sante, Jr. 	
9:00 – 9:45 am	Importance of Fitness Testing (PFT Comparative Studies)	<ul style="list-style-type: none"> Mr. Noel A. Tan Nery PSDS, D - 7 	
9:45 – 10:00 am	S N A C K S		
10:00 – 11:00 am	The Revised Physical Fitness Test (Walk-through and the tests procedures/protocols)	<ul style="list-style-type: none"> Mr. Ferdinand V. Mortera SEPS, HRTD Lou -Ann J. Cultura EPS - MAPEH 	
11:00 – 12:00 nn	Health-Related Test	<ul style="list-style-type: none"> Mr. Sonny M. Rojas, P I Sports Coordinator, District 2 	
12:00 – 1:00 pm	L U N C H B R E A K		
1:00 – 2:00 pm	Skill-Related Test	<ul style="list-style-type: none"> Dr. Manny B. Pimentel, P II OIC-PSDS, District 10 	
2:00 – 3:30 pm	Administration of the Tests (Practicum)	<ul style="list-style-type: none"> Mr. Renato Reyes Sports Coordinator, District 8 Mr. Servillano Balicanta, Jr., HT 3 Sports Coordinator, District 7 Mr. Anastacio Ma, P I 	
3:30 – 4:30 pm	-Presentation of Data & Analysis -Preparation of School Action Plan SY 2016-17	Presentation of Output by District	
4:30 – 5:00 pm	CLOSING PROGRAM		