

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 26(C-C6-286)
Deped-MALAYBALAY CITY DIVISION
RELEASED

Date: JUN 1-7 2016 Time: 10:K

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 :

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.



Department of Education Region X-Northern Mindanao DIVISION OF MALAYBALAY CITY Purok 6, Casisang, Malaybalay City



_AGE: ____ SEX: ____

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

NAME: _____ GRADE/SECTION: ____ AGE: ___ SEX: __ SCHOOL: ____ DISTRICT: ____ BIRTHDAY: ____

	PARAMETERS	AC	PRE-TEST (1st Quarter)	POST-TEST (4th Quarter)	
A.		Body Mass Index (BMI)	Height (meters)		
	BODY		Weight (kilograms)		
	COMPOSITION	BMI = Weight (kg.)	• BMI		
		Height (m) ²	Classification		
В.			Heart Rate Per Minute		
	CARDIOVASCULAR	3 - Minute Step Test	Before the Activity		
	ENDURANCE		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)		
		Zipper Test	Overlap Gap - Right Arm (cm)		
D.	FLEXIBILITY		Overlap Gap - Left Arm (cm)		
			First Try		
		Sit and Reach (cm)	Second Try		
			Best Score		

PART II. SKILL - RELATED FITNESS TEST

	PARAMETERS	A	PRE-TEST	POST-TEST	
A.	COORDINATION	Juggling	Score: Number of Hits	<u> </u>	
			Clockwise Time (00:00)		
B.	AGILITY	Hexagon Agility Test	 Counter Clockwise Time 	1	
Ç.	SPEED	40 Meter Sprint	• Time (00:00)		
			First Trial (cm)		
D.	POWER	Standing Long Jump	Second Trial (cm)	T	
		(distance in cm)	Middle Score (cm)		
		Stork Balance Stand	Right Foot Time (00:00)		
E.	BALANCE	Test	Left Foot Time (00:00)		
			First Trial (cm)		
F.	REACTION TIME	Stick Drop Test	Second Trial (cm)		
			Third Trial (cm)		
			Middle Score (cm)		

Name of MAPEH Teacher	Name of MAPEH Dept. Head



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PHYSICAL FITNESS SUMMARY SHEET SY 2016 - 2017

Name of School:	District:	_ Date Submitted:	
Name of School Head:	Name of MAPEH Tea	cher:	 ·

PART I: HEALTH - RELATED FITNESS TESTS

		T			<u> </u>	BODY COMPOSITION 3- MINUTE STEP TE		P TEST	PUSH		ZIPPER TEST			SIT &			
No.	NAME OF STUDENT	Grade Level	Age	Gender		Height (meters) ²	BMI	CLASSIFI- CATION	HR (Rest)	HR (Post)	HR (Recovery)	UP	PLANK (min/sec)	Right (cm)	Left (cm)	Ave. Score	REACH Best Score
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PHYSICAL FITNESS SUMMARY SHEET SY 2016 – 2017

Name of School Head:	District:	Date Submitted:acher:

PART II: SKILL - RELATED FITNESS TESTS

		Grade	Age	Gender	JUGGLING	HE	XAGON A	GILITY	40m SPRINT	STANDING LONG	STORK BALANCE				STICK-DROP
No.	NAME OF STUDENT	Level			(No. of hits)	A – Rt.	A – Lft.	Ave. Score	(min./sec.)	JUMP (distance - cm)	B - Rt.	B · Lft.	Áve.	(middle score - cm)	
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