

## Republic of the Philippines Department of Education EGION X- NORTHERN MINDANAC

DIM - 2021 - 07 - 409

DEPED MALAYMALAY CITY DIVISION

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DATE:

BY: WIL 7 8 2021

REGION X- NORTHERN MINDANAO DIVISION OF MALAYBALAY CITY

DIVISION MEMORANDUM No. 100 , s. 2021

TO

**Assistant Schools Division Superintendent** 

Chief Education Supervisors and Staff, CID and SGOD

Elementary and Secondary School Heads

**All Others Concerned** 

This Division

**FROM** 

VICTORIA V GAZO, PhD, CESO V

Schools Division Superintendent

DATE

July 28, 2021

SUBJECT

ADDENDUM AND CORRIGENDUM TO DIVISION MEMORANDUM

NO. 378, S. 2021 RE: DIVISION WEBINAR ON THE ADMINISTRATION

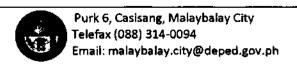
OF THE REVISED PHYSICAL FITNESS TESTS

- 1. Relative to Division Memorandum No. 378, s. 2021 re: Division Webinar on the Administration of the Revised Fitness Tests, this Office informs the field of the following changes of the schedules due to other DepEd related activities to wit:
  - a. 1st Batch Elementary from July 29 30, 2021 to August 17 18, 2021

    Webinar Link for Day 1: <a href="https://meet.google.com/yqc-pepv-kue">https://meet.google.com/yqc-pepv-kue</a>

    Or dial: (US) +1443-424-3725 PIN: 963-242-573#
  - b. 2<sup>nd</sup> Batch Secondary from August 4 5, 2021 to August 19 20, 2021 Webinar Link for Day 1: <a href="https://meet.google.com/zzev-nems-pef">https://meet.google.com/zzev-nems-pef</a> Or dial: (US) +1813-435-5417 PIN: 682-802-336#
- 2. All other provisions of the said Memorandum are still in effect. Registration of participants is extended up to August 10, 2021 using the link: <a href="https://forms.gle/fZdKme9sfPBkgC3LA">https://forms.gle/fZdKme9sfPBkgC3LA</a>. Enclosed is the Training Matrix for reference.
- 3. Further, all members of the technical working group are requested to report at the Division Office Multipurpose Hall on August 3, 2021, 9:00am for the Dry Run/Pre-viewing of Instructional Video Lessons.
- 4. In addition, all participants, speakers and members of the technical working group are entitled of a service credits pursuant to DO No. 53, s. 2003 upon submission of output, accomplishment report and Form 48.
- 5. Shall there be queries, contact Lou-Ann J. Cultura, Education Program Supervisor at 09175397405.

Enclosed: As Stated
Copy Furnished: CID/Records
TO BE POSTED IN THE WEBSITE





## Republic of the Philippines Department of Education **REGION X- NORTHERN MINDANAO DIVISION OF MALAYBALAY CITY**

Enclosure No. 1

## TRAINING MATRIX

TIME	ACTIVITY	PERSON IN-CHARGE
Day 1		
7:00 – 7:30	Setting up of Facilities	Technical Team
7:30 8:00	Preliminary Activity	Technical Team
8:00 - 8:30	Overview of the Training and	Lou-Ann J. Cultura
	Physical Fitness Test Protocols	EPS/Division Focal
8:30 - 10:00	Physical Fitness Test:	
	A. Health-Related Fitness	Leziel L. Dumalagan
	1. Body Mass Index	Kibalabag IS (Sec.)
	2. 3-Minute Step	
10:00 -10:10	3. Push-Up	
	Health Break	
10:10 – 12:00	Physical Fitness Test:  A. Health-Related Fitness	Denoted E. Nimeron
	4. Basic Plank	Rynchel E. Himarangan Casisang NHS
	5. Zipper Test	Casisally Mns
	6. Sit and Reach	•
12:00 - 1:00	LUNCH BREAK	
1:00 - 1:10	Energizer	
1:10 - 3:00	Physical Fitness Test:	
	B. Skills-Related Fitness	James Jacob L. Badajos
	1. Juggling	Bukidnon NHS
	2. Hexagon Agility Test	Duridi on the
	3. 40-Meter Sprint	
3:00 - 3:10	Health Break	
3:10 – 4:30	Physical Fitness Test:	
	B. Skills-Related Fitness	Imme Christy I. Corona
	4. Standing Long Jump	Bangcud NHS
	5. Stork Balance Stand Test	Dangeud Mis
4.00 2.00	6. Stick Drop Test	D: :-:-
4:30 - 5:00 TIME	Open Forum ACTIVITY	Division Team PERSON IN-CHARGE
Day 2	ACHAILL	PERSON IN-CHARGE
7:30 - 8:00	Cali Time	Division Team
8:00 – 8:15	Preliminary Activity	Niza Nancy S. Javar
	Fielininally Activity	Bukidnon NHS
	Madalan 4. Onestalia Basadia	
8:15 - 10:00	Workshop 1: Computation, Recording	Annabelle J. Idulsa
40.00	and Interpretation of Test Results	Bukidnon NHS
10:00 - 10:10	Health Break	
10:10 – 12:00	Workshop 2: Sample Computation of Test	Annabelle J. iduisa
	Results by District using e-Class data	Bukidnon NHS
12:00 – 1:00	LUNCH BREAK	
1:00 – 4:00	Workshop 3: Presentation of Outputs by	Division Team
	District/Feedback Giving and Evaluation	
4:00 - 5:00	Virtual Closing Program	Division Team