



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

DM-2021-07-403
 DEPED MALAYBALAY CITY DIVISION
 RELEASED
 DATE: JUL 28 2021 TIME: 3:05 PM
 BY: [Signature]

DIVISION MEMORANDUM

No. 403, 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: <https://meet.google.com/yqc-pepv-kue>
 Or dial: (US) +1443-424-3725 PIN: 963-242-573#
 - b. 2nd Batch – Secondary from August 4 - 5, 2021 to August 19 - 20, 2021
 Webinar Link for Day 1: <https://meet.google.com/zzev-nems-pef>
 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: <https://forms.gle/fZdKme9sfPBkgC3LA>. 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





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

