



Republic of the Philippines
Department of Education
National Capital Region
SCHOOLS DIVISION OFFICE
City of Mandaluyong

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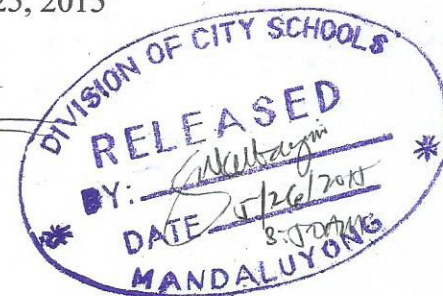


May 25, 2015

DIVISION MEMORANDUM

TO: Education / District Supervisors
Principals, Public Elementary/Secondary Schools

RUSH



To strengthen the implementation of K to 12 Program in MAPEH, a **Division Training on the Administration of the Revised Physical Fitness Tests (PFT)** shall be conducted on **May 27-28, 2015, 8:00-5:00 P.M.** at Highway Hills Integrated School.

The Training aims to provide a tool to:

1. assess the students' level of fitness;
2. identify strengths and areas for development/improvement;
3. determine bases for the selection of physical activities for enhancement;
4. gather and analyze data for norms and standards setting;
5. motivate and guide students in choosing the sports activities they would like to participate in; and
6. assist the teachers in the administration of the PFT.

Participants to the said training are all MAPEH teachers, department heads/coordinators from Grade 7-10 and Grade 4. Attached is the training matrix of the activity.

For the smooth conduct of the activity, there will be a meeting of all station managers and facilitators (See Attached Matrix) on **May 26, 2015, 1:00 P.M.** at the **Division Office Conference Hall.**

Immediate dissemination of this **Memorandum** is desired.

[Signature]

NERISSA L. LOSARIA, CESO VI
Officer In-charge
Office of the Schools Division Superintendent

TRAINING MATRIX ON THE ADMINISTRATION OF PHYSICAL FITNESS TESTS

Highway Hills Integrated School
May 27-28, 2015

Schedule of Activities

Time	May 2	May 28
7:30-8:00	Registration	Management of Learning/Unfreezing Activities
8:00-8:30	Opening Program Orientation/Mechanics and Objectives (Dr. Efren S. Consemino)	Administration of the Tests
8:30-9:30	Importance of Physical Fitness Testing (Mr. Rex A. Ado)	
9:30-10:00	A.M. Snacks	A.M. Snacks
10:00-12:00	The Revised Physical Fitness Tests	Administration of the Tests
12:00-1:00	Lunch Break	Lunch Break
1:00-3:00	The Revised Physical Fitness Tests	Administration of the Tests
3:00-3:30	P.M. Snacks	Interpretation of Test Results
3:30-5:00	Administration of the Tests Facilitators: Dr. Manuel A. Laguerta Mr. Henry A. Sabidong	Closing Facilitators: Mr. Romeo E. Bandal Dr. Efren S. Consemino

STATION MANAGERS

Arnold Abad	-	BMI/Stick Drop Test	Joe King Lacaden	-	Basic Plank
Gemma Silverio	-	BMI/ Push Up	Rodel Delos Santos-	-	Sit and Reach/Juggling
Janmor Sapungan	-	3-Minute Step Test/ 40-Meter Sprint/Standing Long Jump/ Stork Balance Test	Jay T Inocencio	-	Sit and Reach/Standing Long Jump Stork Balance Test
Leopoldo Miranda	-	Push Up/ Zipper Test/ Hexagon Agility Test	David Isaac Yu	-	Juggling/ 40-Meter Sprunt

WORKING COMMITTEES

Program and Invitation	-	David Euclid Isaac B. Yu
Accommodation	-	David Euclid Iasac B. Yu/Janmor Sapungan
Facilities/Equipment	-	Facilitators/Station Managers
Certificates	-	Arnold Abad
Registration/Refreshment	-	Gemma Silverio/Joe King Lacaden
Emcee	-	Leopoldo Miranda
Technical Committee	-	Jay T Inocencio/Rhodel Jose Delos Santos