



Republic of the Philippines
Department of Education
Region VI – Western Visayas
SCHOOLS DIVISION OFFICE OF KABANKALAN CITY

DIVISION MEMORANDUM

No. 310, s. 2023

SEP 27 2023

ADDENDUM TO DIVISION MEMORANDUM NO. 354 S. 2023 RE: DIVISION-WIDE ADMINISTRATION OF THE PHYSICAL FITNESS TEST

To: OIC - Asst. Schools Division Superintendent
Chiefs, CID & SGOD
Public Schools District Supervisors
Public Elementary & Secondary School Heads
All Others Concerned

1. In addition to Paragraph 5 of Division Memorandum No. 354, s. 2023 titled, "Division-Wide Administration of the Physical Fitness Test", please be informed that during the Orientation-Workshop on September 28-29, 2023 among all school heads, the following personnel are assigned as facilitators/technical working group, to wit:


Name of Personnel	Position/ Designation	Station
1. L A A. Perez	Teacher III	Talubangi ES
2. Ian Bert I. Gatoc	Teacher I	Tamapalon NHS
3. Adrian C. Maceda	Teacher I	ERAMS - West
4. Crisandro C. Sapi-an	Teacher III	BNHS – Lupni Extension
5. Mary Joy R. Manalo	Teacher I	Kabankalan NHS
6. Mary Rose A. Madregalejo	Teacher II	

2. The Activity Matrix, which is attached as Enclosure No. 1 to this Memorandum, is also made available for the guidance of the participants.

3. All other provisions of the previous Memorandum shall remain in effect.

4. For questions and/or clarification, contact Mr. Romeo G. Poyogao, Education Program Supervisor – MAPEH/MSEP.

5. Immediate dissemination of and compliance with this Memorandum are highly desired.


ARNOLD S. MAGDAET
Administrative Officer V
In-Charge of the Division



Address: Tayum Street, Barangay 8, Kabankalan City, Negros Occidental
Telephone Number: 471-2004 | 471-2003
Email Address: kabankalan.city001@deped.gov.ph
Website: <https://www.depedkabankalancity.com/>



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Philippine Physical Fitness Test Workshop
TRAINING MATRIX

For a healthy, active lifestyle, physical fitness is essential. Through a thorough physical fitness program and assessment, an individual's overall improvement in terms of the physical, mental, emotional, social, and health elements should be given priority. Only when the students are strong and healthy will they be able to perform at their best. As a result, for the development of their general health and quality of life, learners need to actively engage in lifelong habits of regular physical activity.

A series of measurements known as the PFT is used to assess a learner's degree of physical fitness. Fitness and Health Related are its two sub-components.

At the end of the workshop, the teachers will be able to:

1. To determine the level of fitness of the learners.
2. To identify strength and weaknesses for development and improvement.
3. To provide baseline data for selection of physical activities for enhancement of health and skill performance.
4. To gather data for the development of norms and standards.
5. To motivate, guide, and counsel learners in selecting sports for recreation, competition, and lifetime participation.



Prepared by:


ROMEO G. POYOGAO
EPS - MAPEH

Recommending Approval:


JUNRY M. ESPARAR, PhD
Chief- CID

Approved by:


ARNOLD S. MAGDAEL
ADMINISTRATIVE OFFICER V

MICHELL L. ACOYONG, CESO VI
Assistant Schools Division Superintendent
Officer-in-Charge
Schools Division Superintendent



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TIME	Day 1	Day 2
7:30- 8:00 AM	Registration Facilitators	Preliminaries Facilitators
8:01- 9:00 AM	Opening Program Facilitators	Continuation of Workshop Facilitators/ Demonstrators/ Participants
9:01- 10:00 AM	Topic 1 Overview of the PPFT Mr. Crisandro C. Sapi-an Teacher III	
10:01- 10:15 AM	BREAK	
10:16-10:45 AM	Topic 2 Flexibility and Cardiovascular Endurance Tests Mrs. Mary Joy R. Manalo Teacher I	Continuation of Workshop (Until 11:30 AM) Facilitators/ Demonstrators/ Participants
10:46- 11:15 AM	Topic 3 Strength, Speed, and Power Tests Mr. Crisandro C. Sapi-an Teacher III	
11:16- 12:00 AM	Topic 4 Agility, Reaction Time, Coordination and Balance Tests Mrs. Mary Rose A. Madregalejo Teacher II	
	LUNCH BREAK	
1:30 – 4:30 PM	Simultaneous Workshop Facilitators/ Demonstrators/ Participants	Continuation of Workshop Closing Program Facilitators/ Demonstrators/ Participants
4:31- 5:00 PM	Home Sweet Home	



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List of Facilitators/ Technical Working Group:

	Name of Teacher-Working Group	Position/Designation	Station
1	LA A. Perez	Teacher III	Talubangi ES
2	Ian Bert I. Gatoc	Teacher I	Tampalon NHS
3	Adrian C. Maceda	Teacher I	ERAMS- West
	Identified learners from Kabankalan NHS		Kabankalan NHS

Materials/ Equipment/ Facilities needed:

- ❖ Adhesive Tapes (Masking Tape) (3 rolls)
- ❖ Tape measure (10-15 pcs)
- ❖ Chalk
- ❖ Stopwatch (10-15 pcs)
- ❖ Sipa (Washer weighing 4 grams with 5 inches straw) or 20 pcs bundled rubber band/ any similar local materials. (10-15 pcs.)
- ❖ 12-inch ruler or stick (10- 15 pcs.)
- ❖ Armchair or table chair (5-10 pcs.)
- ❖ Running area with known measurement (40 meters)
- ❖ Exercise mats/ yoga mat/ any clean mat (10- 15 pcs.)
- ❖ Drum clapper/ clicker/ metronome with speaker or any similar device (1 pc.)
- ❖ Weighing or Bathroom Scale (5 pcs.)