DIVISION MEMORANDUM
No. 225 s. 2018

TO: Public Schools District Supervisors
Elementary & Secondary School Heads
District PE Coordinators
PE Teachers

FROM: SOCORRO V. DELA ROSA, CESO VI
Schools Division Superintendent

SUBJECT: DIVISION ROLL-OUT ON THE REVISED PHYSICAL FITNESS TEST (PFT)

Date: September 7, 2018

1. DepEd Catanduanes will hold a three-day live-in Training of Trainers on the Revised Physical Fitness Test (PFT) on October 11-13, 2018 on the venue to be announced later. This is done to make our learners become physically and mentally fit, and as well as to improve the performance of the division in the field of sports.

2. The following are the objectives of this activity:
   a) Perform accurately the different battery of Physical Fitness test;
   b) Interpret the scores obtained from the test accurately; and,
   c) Apply appropriate interventions and address gaps along physical fitness as interpreted by the test results.

3. The participants to this activity are the following:
   For Elementary:
   - District P.E. Coordinator (1 per district) - 20
   - Intermediate P.E. Teacher (1 per district) - 20
   For Secondary:
   - Junior High School P.E. Teacher (1 per school) - 42
   - Senior High School P.E. Teacher (1 per school) - 42
   - MAPEH Department Head (CNHS & SAVS) - 2
   - Trainers - 3
   Total - 129

4. District Supervisors and secondary school heads shall submit the names of their participants to Mr. Nelson T. Sicie, EPS-MAPEH on or before September 21, 2018.

5. A registration fee of Three Thousand One Hundred (P3, 100.00) pesos shall be charged each participant to cover for the food and accommodation and training materials which shall be automatically deducted from their school’s MOOE.

6. Travelling and other incidental expenses shall be charged against their school’s MOOE subject to the usual accounting and auditing rules and regulations.

7. Participants are expected to arrive at the training venue on day 0, October 10, 2018 with dinner as their first meal. The last meal of participants is p.m. snacks of day 3, October 13, 2018. A one day service credit/COC will be given to the participants in accordance with DepEd Order no. 53 s. 2003.

8. Attached are the Working Committees and the training matrix.

9. For immediate dissemination and compliance.
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity/Event</th>
</tr>
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<tbody>
<tr>
<td>6:00 - 7:00</td>
<td>Breakfast, Check-In, Ice-Breaker</td>
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<tr>
<td>7:00 - 8:00</td>
<td>Workshop 1, Introduction to Physical Fitness Test, Student and Dynamic Exercise Test Results</td>
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<tr>
<td>8:00 - 9:00</td>
<td>Workshop 2, Record and Interpretation of Physical Fitness Test Results</td>
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<tr>
<td>9:00 - 10:00</td>
<td>MIST (PS)</td>
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<tr>
<td>10:00 - 11:00</td>
<td>T-1 PAP Test, T-1 Test, T-1 CNS (PS)</td>
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<tr>
<td>11:00 - 12:00</td>
<td>Lunch, Break, Health Check</td>
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<tr>
<td>12:00 - 1:00</td>
<td>Lunch Break, Health Check</td>
</tr>
<tr>
<td>1:00 - 2:00</td>
<td>T-1 CNS (PS)</td>
</tr>
<tr>
<td>2:00 - 3:00</td>
<td>2:00-3:00 Health Break</td>
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<tr>
<td>3:00 - 4:00</td>
<td>3:00-4:00 Health Break</td>
</tr>
<tr>
<td>4:00 - 5:00</td>
<td>4:00-5:00 Health Break</td>
</tr>
<tr>
<td>5:00 - 6:00</td>
<td>5:00-6:00 Health Break</td>
</tr>
</tbody>
</table>

**Expected Outcomes:**
- Forms of Participation
- Group Norms, Sample
- Health Break
- Different Schools
- Arrival and Registration
- Orientation and Review
- T-1 CNS (PS)
- Attendance of the Physical Fitness Test, Record and Interpretation of Physical Fitness Test Results
- Workshop 2, Record and Interpretation of Physical Fitness Test Results
- Workshop 1, Introduction to Physical Fitness Test, Student and Dynamic Exercise Test Results
- T-1 PAP Test, T-1 Test, T-1 CNS (PS)
- Lunch, Break, Health Check
- Lunch Break, Health Check
- T-1 CNS (PS)
- 2:00-3:00 Health Break
- 3:00-4:00 Health Break
- 4:00-5:00 Health Break
- 5:00-6:00 Health Break

**Office of the Day:**
- Form of Participation
- Group Norms, Sample
- Health Break
- Different Schools
- Arrival and Registration
- Orientation and Review
- T-1 CNS (PS)
- Attendance of the Physical Fitness Test, Record and Interpretation of Physical Fitness Test Results
- Workshop 2, Record and Interpretation of Physical Fitness Test Results
- Workshop 1, Introduction to Physical Fitness Test, Student and Dynamic Exercise Test Results
- T-1 PAP Test, T-1 Test, T-1 CNS (PS)
- Lunch, Break, Health Check
- Lunch Break, Health Check
- T-1 CNS (PS)
- 2:00-3:00 Health Break
- 3:00-4:00 Health Break
- 4:00-5:00 Health Break
- 5:00-6:00 Health Break

**Notes:**
- Day 1, OCT 11, 2018
- Day 2, OCT 12, 2018
- Day 3, OCT 13, 2018

**Division Roll-Out on the Revised Physical Fitness Test (PFT)**

**Training Matrix:**

**October 10, 2018 - Day 0**

**Travel Time:**
- Begins at 8:00 AM
- Ends at 5:00 PM
DIVISION ROLL-OUT ON THE REVISED PHYSICAL FITNESS TEST (PFT)

EXECUTIVE COMMITTEE
Honorary Chairman: SOCORRO V. DELA ROSA, CESO VI
Schools Division Superintendent

Co-Chair: MIGUEL C. OGAUNOLA
Chief-SGOD

JOSEFA ZAPE
Chief, CID

NELSON SICIO
Educational Program Supervisor-MAPEH

MARY JEAN S. ROMERO
Division School Sports Officer

TECHNICAL COMMITTEE
Over-all Chairman: ROMEO O. VARGAS JR.
SPS-TEACHER CNHS

Co-Chair: MICHAEL S. TRIUNFANTE
MAPEH TEACHER- BRDHS

Members: ROBERTO T. TOMAGAN
SHS P.E and HEALTH TEACHER
JOSE ANTONIO P. TUPAS
VIRAC NORTH DISTRICT PES- COORDINATOR
ROBERTO STA. ROSA
SPS-TEACHER- CNHS
ROCHELLE RUBIO
SPS TEACHER- CNHS

WORKING COMMITTEE

<table>
<thead>
<tr>
<th>Program &amp; Documentation Committee</th>
<th>Equipment and Supplies</th>
</tr>
</thead>
<tbody>
<tr>
<td>ROCHELLE RUBIO SPS TEACHER- CNHS RODERICK BALANJ</td>
<td>Chairman ROBERTO T. TOMAGAN SHS P.E and HEALTH TEACHER</td>
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<tr>
<td>Certificates</td>
<td>Registration Committee ROMEO O. VARGAS JR. SPS-TEACHER CNHS</td>
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<tr>
<td>MICHAEL S. TRIUNFANTE MAPEH TEACHER- BRDHS</td>
<td>Chairman JOSE ANTONIO P. TUPAS VIRAC NORTH DISTRICT PES-COORDINATOR</td>
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<tr>
<td>Foods</td>
<td>Venue &amp; Accommodation</td>
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<tr>
<td>ROBERTO STA. ROSA SPS TEACHER- CNHS</td>
<td>Chairman</td>
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