

Republic of the Philippines Department of Education Region V (Bicol) DIVISION OF CATANDUANES Virac, Catanduanes



RELEASED

DepEd, Division of Catanduanes

4:40 00

RECORDS SECTION

יולומשאווה

Date

Time:

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:
 - Perform accurately the different battery of Physical Fitness test;

b) Interpret the scores obtained from the test accurately; and,

- Apply appropriate interventions and address gaps along physical fitness as interpreted by the test results.
- The participants to this activity are the following:

For Elementary:

District F.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. Sicio, 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.

DIVISION ROLL-OUT ON THE REVISED PHYSICAL FITNESS TEST (PFT) OCTOBER 11-13, 2018

Time October 10 2019- day 0 Day 1, OCT 11, 2018 Day 2, OCT 12, 2018 Day 3, OCT 13, 2018 Day 3, OCT 13, 2018 Breakfast Day 3, OCT 12, 2018 Day 3, OCT 13, 2018 Breakfast Day 3, OCT 12, 2018 Day 3, OCT 12, 2018 Day 3, OCT 12, 2018 Breakfast Day 3, OCT 12, 2018 Day 3, OCT 12, 2018 Day 3, OCT 12, 2018 Breakfast Day 3, OCT 12, 2018 Breakfast Breakfast MOL 8:00-8:15 100-200 TRAVEL TIME Opening Program Topic 3 The Physical Fitness Feats A pening Program Topic 1 Workshop 1 Workshop 2 Test Results Test Results Test Results Recording and interpretation of Test Results Test Results Test Results Recording and interpretation of Test Results Test Results Recording and interpretation of Test Results Test Results Test Results Recording and interpretation of Test Results Test Results Repulse Side Noberto Test Results Repulse Noberto Test Results Repulse Noberto Test Results				Triunfante	
October 10 2018- day 0 Day 1, OCT 11, 2018 Breakfast Opening Program Opening Proprogram Opening Proprogram Opening Program Opening Prog	7039	Roderick Balani	Sta. Rosa/Romeo O. Vargas Jr.	Rochelle Rubio/Michael	Officer of the Day
October 10 2018- day 0 Day 1, OCT 11, 2018 Breakfast Opening Program Orientation and Mechanics NELSON T. SICIO EPS - MAPEH TOpic 1 Benefits of Physical Fitness RP: Michael Triunfante T-I CNHS (SPS) Arrival and Registration Of Participants from Olimer Diliner Diliner October 10 2018- day 0 Day 1, OCT 11, 2018 Breakfast Breakfast MOL MOL MOL MOL MOL Practicum Topic 3 • The Physical Fitness Tests • Practicum Aper Health Break Practicum Arrival and Registration Of Participants from Diliner Diliner Group norms, sample Record of actual performances	Roberto Tomagan/ Roberto Sta	lose Antonio P. Tupas/Romeo O. Vargas/	questionnaires	forms of participants	Expected Outputs
TRAINING MAIRIX TRAINING MAIRIX Day 1, OCT 11, 2018 Breakfast Opening Program Opicination and Mechanics NELSON T. SICIO EPS – MAPEH Topic 1 Benefits of Physical Fitness RP: Michael Triunfante TI-I RRDHS Of Participants from Orientation and Fitness of Participants from Different Schools Arrival and Registration Different Schools RP: Jose Antonio Tupas TI-III VPES Dinner Dinner Dinner Dinner Dinner Dinner Day 2, OCT 12, 2018 Breakfast MOL MOL MOL MOL MOL MOL MOL MO	Hard copies of Division Training Plans	Record of actual performances	Group norms, sample	Dinner Dinner	6:00 - 7:00
October 10 2018- day 0 Day 1, OCT 11, 2018 Breakfast Opening Program Opening Program Orientation and Mechanics FRAVEL TIME Health Break Health Break Topic 1 • Benefits of Physical Fitness RP: Michael Triunfante T-I BRDHS T-I CNH5 (SPS) Arrival and Registration Of Participants from CNH5- T1 (SPS) Different Schools RP: Jose Antonio Tupas T-III VPES T-III VPES TOTOLI Administration of the Physical Fitness Test Administration RP: Rochelle Rubio RP: Rochelle Rubi	Accomplished Observation/Worksheet	Dinner	Dinner	Settling Down	5:00 - 6:00
October 10 2018- day 0 Day 1, OCT 11, 2018 Breakfast Opening Program Opening Op			T-III VPES		4:00 - 5:00
October 10 2018- day 0 Day 1, OCT 11, 2018 Breakfast Opening Program Topic 3 Orientation and Mechanics NAPEH FrAAPEH Topic 1 Opening Program Topic 3 Opening Program T	Home Sweet Home		RP: Jose Antonio Tupas		3:15 - 4:00
October 10 2018- day 0 Day 1, OCT 11, 2018 Breakfast Opening Program Opening Static and Dynamic Exercise Opening Program Opening Program Opening Program Opening Program Opening Program Opening Program		Practicum continuation	• PFT Protocols		3:00 - 3:15
TRAINING MAIKIX Day 1, OCT 12, 2018 Breakfast Opening Program NOL NOL NOL PP: Rochelle Rubio & Roberto Tomagan Administration of the Physical Fitness Test Administration of the Physical Fitness Test Opening Program NOL NOL NOL Topic 3 The Physical Fitness Practicum Practicum Nol Nol Nol Nol Nol Nol Nol No	Health Break	Health Break	CNHS- T1 (SPS)	Different Schools -	2:00 - 3:00
TRAINING MAIKIX October 10 2018- day 0 Breakfast Opening Program Opening Program Opening Program Opening Program Opening Program Opening Program Topic 3 TRAVEL TIME Topic 1 Benefits of Physical Fitness RP: Michael Triunfante T-I BRDHS Technology in Education Rochelle Rubio T-I CNHS (SPS) Triunfante Triunfante Triunfante Lunch Break Practicum Administration of the Physical Fitness Test Teacher, *stose Antonio P. Tupas- Elem. Teacher, Romeo O. Vargas Jr., Michael Lunch Break Practicum Continuation	Closing Program	P .	Romeo O. Vargas Jr.	Arrival and Registration	
October 10 2018- day 0 Day 1, OCT 11, 2018 Breakfast Opening Program Orientation and Mechanics NELSON T. SICIO EPS – MAPEH Topic 1 Benefits of Physical Fitness RP: Michael Triunfante T-I BRDHS Technology in Education T-I CNHS (SPS) Triunfante Total Break Total Break Total Break Lunch Break Lunch Break Day 2, OCT 12, 2018 Breakfast MOL Water Moli Amount Static and Dynamic Exercise Static and Dynamic Exercise Static and Dynamic Exercise Practicum Appended And Physical Fitness Test Administration of the Physical Fitness Test Tomagan- SHS Teacher, *Boberto Sta. Rose- Triunfante Triunfante Lunch Break Lunch Break Lunch Break	Cicaliig	Practicum continuation	Editor and Fitness		
TRAINING MAIRIX October 10 2018- day 0 Day 1, OCT 11, 2018 Breakfast Opening Program Orientation and Mechanics NELSON T. SICIO EPS – MAPEH Topic 1 Benefits of Physical Fitness RP: Michael Triunfante T-I BRDHS Technology in Education Rochelle Rubio T-I CNHS (\$PS) TRAVEL TIME Opening Program Topic 3 The Physical Fitness Static and Dynamic Exercise RP: Rochelle Rubio & Roberto Tomagan Administration of the Physical Fitness Test Administration of the Physical Fitness Test Tomagan- SHS Teacher, *Roberto Sta. Rosa- Tomagan- SHS Teacher, *Roberto Sta. Rosa- Triunfante Teacher, Romeo O. Vargas Jr., Michael	Lunch Break	Lunch Break	San Brook		
TRAINING MAIRIX Day 2, OCT 12, 2018 Breakfast Opening Program Topic 3 The Physical Fitness Tests Administration of the Physical Fitness Test Tomagan- SHS Teacher, *Roberto Sta. Rosa- Technology in Education Rochelle Rubio Teacher, *Jose Antonio P. Tupas- Elem. Teacher, Romeo O. Vargas Jr., Michael		Truntante			
October 10 2018- day 0 Day 1, OCT 11, 2018 Breakfast Opening Program Opening Program Opening Program Orientation and Mechanics NELSON T. SICIO EPS — MAPEH GTKY Health Break Topic 1 Benefits of Physical Fitness RP: Michael Triunfante T-I BRDHS TOGET 10 2018- day 0 Breakfast Topic 3		Teacher, Romeo O. Vargas Jr., Michael			11:00 - 12:00
Octrober 10 2018- day 0 Day 1, OCT 11, 2018 Breakfast Opening Program Orientation and Mechanics NELSON T. SICIO EPS — MAPEH GTKY Health Break Topic 1 Benefits of Physical Fitness RP: Michael Triunfante Tomagan- SHS Teacher, *Roberto Sta. Rosa-		JHS Teacher, *Jose Antonio P. Tupas- Eleiti.			
October 10 2018- day 0 Day 1, OCT 11, 2018 Breakfast Opening Program Opening Program Opening Program Orientation and Mechanics NELSON T. SICIO EPS — MAPEH GTKY OBenefits of Physical Fitness Benefits of Physical Fitness RP: Rochelle Rubio-Mapeh Teacher*Roberto RP: Rochelle Rubio-Mapeh Teacher*Roberto RP: Rochelle Rubio-Mapeh Teacher*Roberto RP: Rochelle Rubio-Mapeh Teacher*Roberto	Wichael Triunfante- BRDHS	Tomagan- SHS Teacher, *Roberto Sta. Rosa-			
October 10 2018- day 0 Day 1, OCT 11, 2018 Breakfast Opening Program Opening Program Orientation and Mechanics NELSON T. SICIO EPS — MAPEH GTKY Health Break Topic 1 Day 2, OCT 12, 2018 Breakfast MOL MOL MOL MOL MP: Rochelle Rubio & Roberto Tomagan Health Break Fracticum Day 2, OCT 12, 2018 Breakfast MOL MOL MP: Rochelle Rubio & Roberto Tomagan Health Break Fracticum Topic 1 Practicum Topic 1	rest parhelle Rubio-CNES	RP: Rochelle Rubio- Mapeh Teacher*Roberto			10:15 - 11:00
October 10 2018- day 0 Day 1, OCT 11, 2018 Breakfast Opening Program Topic 3 The Physical Fitness Tests OffKy FP: Rochelle Rubio & Roberto Tomagan RP: Rochelle Rubio & Roberto Tomagan Health Break	School Training Plan	Practicum A laministration of the Physical Fitness Test			10:00 - 10:13
October 10 2018- day 0 Day 1, OCT 11, 2018 Breakfast Opening Program Topic 3 The Physical Fitness Tests Opening Program Ope	Workshop 2	Health break			10.15
October 10 2018- day 0 Day 1, OCT 11, 2018 Breakfast Opening Program Openin	Health Break	it Brook			9:00 - 10:00
October 10 2018- day 0 Day 1, OCT 11, 2018 Breakfast Opening Program Openin	Tomagan, Romeo O. Vargas Jr.	RP: Rochelle Rubio & Rocci Co	GTKY		
October 10 2018- day 0 Day 1, OCT 11, 2018 Breakfast Opening Program Opening Program Opening Mechanics NELSON T. SICIO TRAVEL TIME October 10 2018- day 0 Day 1, OCT 12, 2018 Breakfast MOL MOL Topic 3 The Physical Fitness Tests NELSON T. SICIO The Physical Fitness Tests	RP; Nelson Sicio, Roberto	Static and Dynamic Exercise Static and Dynamic Exercise	EPS - MAPEH	8	
October 10 2018- day 0 Day 1, OCT 11, 2018 Breakfast Opening Program O	Test Results	The Physical Fitness Tests	NELSON T. SICIO	TRAVEL IIVIE	8:00 - 9:00
October 10 2018- day 0 Day 1, OCT 11, 2018 Breakfast Breakfast MOL	Recording and Interpretation of				8:00 - 8:15
## October 10 2018- day 0 Day 1, OCT 11, 2018 Breakfast Breakfast Breakfast			Opening Program		7:00 - 8:00
Day 1, OCT 11, 2018 Day 2, OCT 12, 2018	MOL	Breaklast	Breakfast	בנוסמפו דס דסיים בייו	
2 2 2 12 2018	Breakfast	Day Z, OCI 12, 2010	Day 1, OCT 11, 2018	10 2018- day 0	
	Day 3, OCT 13, 2018		TRAINING MAI		

Department of Education Division of Catanduanes Virac Catanduanes

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. OGALINOLA

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:

MICHAELS. 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

Program & Documentation Committee		Equipment and Supplies	
ROCHELLE RUBIO SPS TEACHER- CNHS RODERICK BALAN(Chairman	ROBERTO T. TOMAGAN SHS P.E and HEALTH TEACHER	
Certificates	M. A	Registration Committee	
MICHAEL S. TRIUNFANTE MAPEH TEACHER- BRDHS	Chairman	ROMEO O. VARGAS JR. SPS-TEACHER CNHS	
Foods		Venue & Accommodation	
ROBERTO STA. ROSA SPS TEACHER- CNHS	Chairman	JOSE ANTONIO P. TUPAS VIRAC NORTH DISTRICT PES- COORDINATOR	