



Republic of the Philippines
Department of Education
Region VII, Central Visayas
DIVISION OF CEBU PROVINCE
IPHO Bldg., Sudlon, Lahug, Cebu City



October 21, 2013

DIVISION MEMORANDUM

No. 681, s. 2013

SPECIAL PROGRAM IN SPORTS: TRAINING ON THE PHYSICAL FITNESS TESTS

To: OIC, Assistant Superintendents
Division Supervisors/Coordinators
District Supervisors/OICs
Secondary School Heads
Heads, Private Secondary Schools

1. Attached is a copy of DepEd Memorandum No. 183, s. 2013, dated October 4, 2013, entitled, "**Special Program in Sports: Training on the Physical Fitness Tests**" for the information and guidance of all schools recipient of the financial subsidy, schools implementing the Special Program in Sports (SPS) and those public and private schools which are interested to implement SPS.
2. The training aims to help the teacher-participants assess students' skills/talents in sports and measure their strengths and weaknesses; enhance their knowledge and skills on the Revised PFT and validate the test.
3. Interested participants are requested to contact Mrs. Virginia S. Cayon, Division PESS Coordinator, DepEd Cebu Province at cellphone no. 0905-8364-759 for confirmation purposes.
4. Immediate dissemination of this Memorandum is desired.


ARDEN D. MONISIT, Ed. D.
Schools Division Superintendent



REPUBLIKA NG PILIPINAS
REPUBLIC OF THE PHILIPPINES
KAGAWARAN NG EDUKASYON
DEPARTMENT OF EDUCATION
REHIYON VII, GITNANG VISAYAS
REGION VII, CENTRAL VISAYAS
Sudlon, Lahug, Cebu City



OCT 11 2013


REGIONAL MEMORANDUM

No. 661, s. 2013

SPECIAL PROGRAM IN SPORTS: TRAINING ON THE PHYSICAL FITNESS TESTS

To: Schools Division/City Superintendents
Officers-in-Charge of Regular and Interim Divisions
Heads of Public and Private Elementary and Secondary Schools

1. One of the requirement for students' admission to the Special Program in Sports (SPS) is to pass the Physical Fitness Tests (PFT). Thus, the Bureau of Secondary Education (BSE) will conduct the Special Program in Sports: Training on the Physical Fitness Tests on November 15-17, 2013 at the Teachers Camp, Baguio City.
2. The Training aims to:
 - a. help the teacher-participants assess students' skills/talents in sports and measure their strengths and weaknesses;
 - b. enhance their knowledge and skills on the Revised PFT; and
 - c. validate the test.
3. The participants to this training are regional and division sports supervisors, sports coordinators and teachers of SPS schools/recipients of the financial subsidy; other schools implementing the program, and public and private schools, which are interested to implement the SPS.
4. A registration fee of Three Thousand Five Hundred Pesos (P3,500.00) shall be charged each participant to cover board and lodging, supplies and materials, and other incidental expenses relative to the training. Registration fee and traveling expenses of the participants shall be charged to the Maintenance and Other Operating Expenses (MOOE)/Special Education Fund (SEF)/local funds, while board and lodging and traveling expenses of resource persons and training staff shall be charged to BSE Funds, subject to the usual accounting and auditing rules and regulations.
5. The registration will start at 1:30PM on November 14, 2013 at the venue. The first meal to be served will be dinner on November 14 and the last meal will be PM snacks on November 17, 2013. Enclosed are the Confirmation of Participants Form and the Schedule of Activities.
6. For more information, all concerned may contact Ms. Rosa Ligaya C. Domingo or Ms. Erlinda F. Estrada, Staff Development Division (SDD), Bureau of Secondary Education (BSE), Department of Education (DepEd), DepEd Complex, Meralco Avenue, Pasig City at telefax no.:(02)632-7586.
7. Immediate dissemination of this Memorandum is desired.


CARMELITA T. DULANGON
Director III
Officer-In-Charge

RMSPPD-PF
CTD/VGG/VVY/nam10/2013

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"EFA 2015: Karapatan ng Lahat, Pananagutan ng Lahat"

(Enclosure No. 1 to DepEd Memorandum No. 183, s. 2013)

Special Program in Sports (SPS): Training on the Physical Fitness Test

Confirmation of Participants




No.	Name	School	Events

Noted by:

(Enclosure No. 2 to DepEd Memorandum No. 183, s. 2013)

SPECIAL PROGRAM IN SPORTS: TRAINING ON THE PHYSICAL FITNESS TESTS
 Teachers Camp, Baguio City
 November 15 - 17, 2013

Schedule of Activities

Time Date	November 14	November 15	November 16	November 17	
5:30 - 7:30	Arrival and Registration 	B R E A K F A S T			
8:00-8:15		Management of Learning/Unfreezing Activities			
8:00		Opening Program Orientation and Mechanics	Administration of the Tests	PS 3	
9:00				Recording and Interpretation of Results	
10:00 - 10:20		S N A C K S			
10:20 - 12:00		PS 1 Benefits of Physical Fitness		Clearing House	
12:00 1:30		L U N C H			
1:30 - 3:00		PS 2 The Physical Fitness Tests Protocols		Closing Program	
3:00 - 3:20		S N A C K S			
3:20 - 5:00					
6:00 - 8:00	D I N N E R				

PS 1

- The session shall focus on the components of PF and its benefits

PS 2

- A discussion on an introduction to the PFT and the tests procedures/protocols

PS 3

- The session shall focus on the how to record and interpret tests results