



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



DIVISION MEMORANDUM  
 No. 225, s. 2018

**RELEASED**

DepEd, Division of Catanduanes  
 RECORDS SECTION  
 Date SEP 11 2018  
 Time: 4:40 p.m.  
 Signature: [Signature]

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	- <u>129</u>
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  
TRAINING MATRIX**

Time	October 10 2018- day 0	Day 1, OCT 11, 2018	Day 2, OCT 12, 2018	Day 3, OCT 13, 2018
7:00 – 8:00		Breakfast	Breakfast	Breakfast
8:00 – 8:15		Opening Program	MOL	MOL
8:00 – 9:00	TRAVEL TIME	•Orientation and Mechanics <b>NELSON T. SICIO</b> EPS – MAPEH GTKY	Topic 3 • The Physical Fitness Tests • Static and Dynamic Exercise RP: Rochelle Rubio & Roberto Tomagan	Workshop 1 Recording and Interpretation of Test Results RP; Nelson Sicio, Roberto Tomagan, Romeo O. Vargas Jr.
9:00 – 10:00		<b>Health Break</b>	<b>Health Break</b>	<b>Health Break</b>
10:00 – 10:15		Topic 1	Practicum	Workshop 2
10:15 – 11:00		•Benefits of Physical Fitness RP: Michael Triunfante T-I BRDHS	Administration of the Physical Fitness Test RP: Rochelle Rubio- Mapelh Teacher*Roberto Tomagan- SHS Teacher, *Roberto Sta. Rosa- Tomagan- SHS Teacher, *Jose Antonio P. Tupas- Elem. JHS Teacher, *Jose Antonio P. Tupas- Elem. Teacher, Romeo O. Vargas Jr., Michael Triunfante	School Training Plan Fact: Rochelle Rubio- CNHS Michael Triunfante- BRDHS
11:00 – 12:00		Technology in Education Rochelle Rubio T-I CNHS (SPS)		
		<b>Lunch Break</b>	<b>Lunch Break</b>	<b>Lunch Break</b>
12:00 1:00		•Nutrition and Fitness Romeo O. Vargas Jr. CNHS- T I (SPS)	Practicum continuation	Clearing House
1:00 – 2:00	Arrival and Registration of Participants from Different Schools	<b>Health Break</b>	<b>Health Break</b>	Closing Program
2:00 – 3:00		•PFT Protocols RP; Jose Antonio Tupas T-III VPES	Practicum continuation	<b>Health Break</b>
3:00 – 3:15				Home Sweet Home
3:15 – 4:00				
4:00 – 5:00				
5:00 – 6:00	Setting Down			
6:00 – 7:00	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	Accomplished Observation/Worksheet Hard copies of Division Training Plans
Expected Outputs	Filled out registration forms of participants	Group norms, sample questionnaires	Record of actual performances	Roberto Tomagan/ Roberto Sta. Rosa
Officer of the Day	Rochelle Rubio/Michael Triunfante	Roberto Tomagan/ Roberto Sta. Rosa/Romeo O. Vargas Jr.	Jose Antonio P. Tupas/Romeo O. Vargas/ Roderick Balani	Roberto Tomagan/ Roberto Sta. Rosa

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: **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**

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