



Republic of the Philippines
Department of Education
REGIONAL OFFICE NO. VIII (EASTERN VISAYAS)
 Government Center, Candahug, Palo, Leyte
ISO 9001:2015 CERTIFIED



February 13, 2020

REGIONAL MEMORANDUM
 No. **104**, s.2020

UPDATES ON THE PARTICIPANTS' TRAVEL AND OTHER INCIDENTAL EXPENSES TO THE NATIONAL ORIENTATION ON THE REVISED PHYSICAL FITNESS TEST (PFT)

To: Schools Division Superintendents
 All Others Concerned

1. The travel and other incidental expenses of the participants that were previously charged to **2019 BCD-HRTD Funds** shall now be charged to Division Local Funds, subject to the usual accounting and auditing rules and regulations.
2. Immediate dissemination of and compliance with this Memorandum are highly desired.


RAMIR B. UYTICO, Ed. D., CESO IV
 Director IV 

Enclosure: DepEd Memorandum No. DM-CI 2020-00
 Reference: As stated
 Allotment: 1-2 (D.O. 50-97)
 To be indicated in the Perpetual index under the following subjects:

ORIENTATION

PHYSICAL FITNESS TEST



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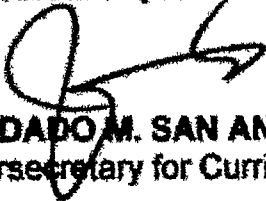
Republic of the Philippines
DEPARTMENT OF EDUCATION
DepED Complex, Meralco Avenue
Pasig City 1600

DM-CI: 2020-00__

MEMORANDUM

To : All Regional Directors

Attention : Schools Division/City Superintendent
Curriculum and Learning Management Division (CLMD)
Curriculum Implementation Division (CID)

From : 
DIOSDADO M. SAN ANTONIO
Undersecretary for Curriculum and Instruction

Subject : Orientation on the Revised Physical Fitness Test (PFT)

Date : January 14, 2020

With the goal of promoting physical fitness among students, the Department of Education recognizes the need to administer and implement a comprehensive physical fitness testing program whose guidelines and procedures are articulated in the Revised Standard Physical Fitness Test (PFT) Manual. New test items are incorporated to meet the changing fitness demands and requirements.

With this, the Department of Education (DepEd) through the Bureau of Curriculum Development, Special Curricular Programs Division, will conduct a 4-day Orientation on the Physical Fitness Tests on February 4-7, 2020 at Lingayen, Pangasinan.

The objectives of the activity are to: a) acquire a unified understanding of the administration of the Physical Fitness Tests; and b) enhance the knowledge and skills of participants on the administration of the Revised Physical Fitness Tests.

Office of the Undersecretary
for Curriculum and Instruction

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DepED Complex, Meralco Avenue
Pasig City 1600

The participants are the CLMD and CID Chiefs or their representatives. The Matrix of Activities and the number of slots per region are provided in Annex A and B, for reference.

All expenses relative to the conduct of the said activity including board and lodging, supplies and materials, and other incidental expenses shall be charged against 2019 BCD-HRTD funds. Travelling expenses of participants were downloaded to the respective regions subject to the usual government accounting and auditing rules and regulations.

To submit Annex C, please scan the accomplished template and send to rosa.domingo002@deped.gov.ph or through telephone nos. (02) 8632-7586 and (02) 8632-0170

The participants are advised to confirm their participation on or before January 28, 2020, Tuesday

Immediate and wide dissemination of this memorandum is requested.



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Pasig City 1600

Annex A

Orientation on the Revised Physical Fitness Test (PFT)

Narciso Complex and Activity Center, Pangasinan 1, Region 1
February 4-7, 2020

No. of slots per region

REGIONS	REGION	DIVISION
Region 1	1	14
Region 2	1	9
Region 3	1	20
Region 4A	1	19
Region 4B	1	7
Region 5	1	13
Region 6	1	19
Region 7	1	19
Region 8	1	13
Region 9	1	8
Region 10	1	14
Region 11	1	10
Region 12	1	7
CARAGA	1	12
CAR	1	8
NCR	1	16
BARMM	1	12

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For : **DIOSDADO M. SAN ANTONIO**
 Undersecretary for Curriculum and Instruction

From : **JOCELYN DR ANDAYA**
 Director IV *JJA*

Subject : Change of Date for the Orientation on the Physical
 Fitness Tests (PFT)

Date : January 14, 2020

Authority is requested for the change of date re Conduct of the Orientation on the Physical Fitness Tests.

Activity	Old Schedule	Change Date	New Schedule
Orientation on the Physical Fitness Tests	November 26-29, 2019	January 21-24, 2020	February 4-7, 2020

Attached is a copy of the approved authority to conduct.

For your approval.

Milda J. Reyes 1/14/2020

DEPARTMENT OF EDUCATION
DepED Complex, Meralco Avenue
Pasig City 1600

Annex C

Orientation on the Revised Physical Fitness Test (PFT)
Narciso Complex and Activity Center, Pangasinan 1, Region 1
February 4-7, 2020

CONFIRMATION SHEET

Date: _____

To Dir. Andaya:

This is to confirm the participation of the following personnel re **Orientation on the Revised Physical Fitness Test (PFT)** to be held in Narciso Complex and Activity Center, Pangasinan 1, Region 1

Instruction: Please check (/) the schedule. If not available, please indicate the name of their replacement.

Name	Position	Regional Office	Division Office
1.			
2.			
3.			
4.			

Approved by:

Printed Name and Signature

Designation: _____

Office of the Undersecretary
for Curriculum and Instruction

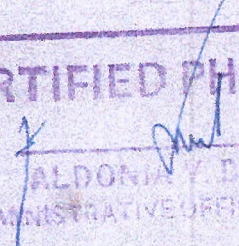
oaei@dped.gov.ph
(02) 633-7202
(02) 636-4879

Schedule of Activities

is of participants on the administration of the PFT.
ration of the PFT and interpretation of test results.

3	February 4	February 5	February 6	February 7
		B R E A K F A S T		
	Opening Program Orientation and Mechanics	PS 3 Physical Fitness Tests	Management of Learning (MOL) <i>Practicum</i> Administration of the PFT in one elementary and one secondary schools	WS 2 Training Design by Region and Division
		S N A C K		
	PS 1 Eating and Exercise Protocols			
		L U N C H		
on	PS 2 Strengthening the Core Muscles	PS 4 Physical Fitness Tests Protocols	WS 1 Computation, Recording, Interpretation of Test Results	Clearing House Closing Program
		S N A C K		
		D I N N E R		

esign

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 ALDONIA Y. DUMAGSA
 ADMINISTRATIVE OFFICER IV (RECORDS)