

83787



Republic of the Philippines
Department of Education
REGION XI
SCHOOLS DIVISION OF DIGOS CITY

OFFICE OF THE SCHOOLS DIVISION SUPERINTENDENT

DIVISION MEMORANDUM
No. 218, s 2022

April 19, 2022

**DIVISION TRAINING AND WORKSHOP ON REVISED PHYSICAL FITNESS TEST
MANUAL FOR TEACHERS**

To: Chief, Curriculum Instruction Division
Education Program Supervisor Concerned (MAPEH)
Public Schools District Supervisors
School Heads
Teachers

1. In reference to DepEd Order No. 034, s. 2019, dated December 9, 2019, re: REVISED PHYSICAL FITNESS TEST MANUAL, this Office directs the identified teachers to participate in the Face to Face **Division Training and Workshop on Revised Physical Fitness Test Manual for Teachers** on April 22, 2022 at 8:00 a.m. to 5:00 p.m at Digos City National High School Covered Court.
2. The objectives of the training are as follows:
 - a. To determine the level of fitness of students;
 - b. To identify strength and weaknesses for development and improvement;
 - c. To provide baseline data for selection of physical activities for enhancement of health and skill performance;
 - d. To gather data for the development of norms and standards; and
 - e. To motivate, guide and counsel pupils/students in selecting sports for recreation, competition and lifetime participation.



Address: Roxas Street cor. Lopez Jaena Street, Zone II, Digos City 8002
Telephone No:(082) 553-8396 | (082) 553-8376 | (082) 553-9170 | (082) 553-8375

3. The list of participants is herewith attached.
4. The participants are required to wear Jogging pants, T-shirt, and Rubber Shoes or any comfortable attire, and bring the following materials for the training:
 - a. Meter Stick
 - b. Tape Measure
 - c. Plastic 12-inch Ruler
 - d. Chalk
 - e. Stopwatch
 - f. Bundled Rubber Bands
 - g. Metronome or Clicker (3 min step test)
 - h. Extra T-Shirt
 - i. Water
 - j. Ballpen
5. Meal, snacks and transportation expenses for the participants shall be charged against Local Funds/School MOOE subject to the usual accounting and auditing rules and regulations.
6. All participants shall follow and observe the minimum public health standards like wearing of face mask, social distancing, and sanitizing at all times.
7. For immediate dissemination, guidance, and compliance.



CRISTY C. EPE

Schools Division Superintendent



DepEd Schools Division of Digos City
RECORDS SECTION

RELEASED
22-82787
DATE: APR 20 2022 TIME: 2:08 PM
BY: 

List of Participants

Name	School/District
1.Jullaih Luesille G. Marciano	Goma NHS
2.Jason G. Bisnar	Ruparan NHS
3.Admiral Biongan	SHSDC
4.Remel A. Mosquiola	Balabag NHS
5.Randolp M. Robles	Soong NHS
6.Catherine I. Cabanig	DiCNHS
7.Lorence A. Cingco	DiCNHS-Aplaya Extension High School
8.Claudine Marie T. Trocio	Matti NHS
9. Jessa Castillo	Igpit NHS
10. Maylene P. Quimque	Kapatagan NHS
11.Cherry Anne P. Orbita	Dawis NHS
12.Ella F. Bangcal	Cogon ES/Digos Oriental
13.Jocelyn Tenebro	Isaac Abalayan ES/Digos Oriental
14.Wilfredo Dohinog	Dawis ES/ Digos Oriental
15.Marjorie Llanos	Kibanban ES/ Digos Oriental
16Mira Sheilla Manila	Badiang ES/ Digos Oriental
17.Lendy Mae Sucayre	DMMES/ Digos Oriental
18.Goeffrey Andrade	Pedro Garcia ES/ Digos Oriental
19.Lora Mae Gravines	Aplaya ES/ Digos Oriental
20. Rodolfo II M. Osorno	RMCES/Digos Oriental
21. Salvador Galarga Jr	Abawag ES/Digos South
22.Vanessa Mae Juanillo	Remedios N. Saplala ES/ Digos South
23.Belinda C. Dano	Lungag ES/ Digos South
24.Leizel Gay O. Caspillo	Casildo B. Nonol Sr. ES/ Digos South
25.Ailyn joy S. Almacin	Bagumbuhay ES/ Digos South
26. Beau Gee S. Mabiscay	San Miguel ES/ Digos South
27.Mary Ann P. Llanos	Colorado ES/ Digos South
28. Jenever A. Egos	Igpit ES/Digos South
29.Leslie Love P. Grande	AMES/Digos South
30.Juvy Lyn R. Tadlas	Necencio ES/Mt Apo
31.Hilario V. Dalumpines	Soong ES/Mt Apo
32.Egmidio Lopez	G. Reusora ES/Mt Apo
33.Joycee H. Cortes	Binaton ES/Mt Apo
34.Avyelle R. Bacugan	Apolandia ES/Mt Apo
35.Mary Ann S. Gornez	Marawer ES/Mt Apo
36. Mary Jimz C. Abellon	Matti ES/ Mt. Apo
37. Addie R. Eborde	Rizal Central ES/Mt. Apo
38.Sharmeia C. Pormentera	Balabag ES/Digos Occidental
39.Perlie C. Roa	Damñas ES/ Digos Occidental
40.Jenelyn E. Estomo	Digos City Central ES/ Digos Occidental
41.Kartla Mae Titong	Dulangan ES/ Digos Occidental
42.Kathleen Kaye C. Salaspe	Federico Alferez ES/ Digos Occidental

43. Sharra May O. Najirul	Jolencio Alberca ES/ Digos Occidental
44. Genevieve C. Tapad	Mahayahay ES/ Digos Occidental
45. Weena Vergara	Pedro Basalan ES/ Digos Occidental
46. Prince Alfred P. Marzon	Ranao ES/ Digos Occidental
47. Jupaloyd S. Arellano	Ruparan ES/ Digos Occidental
48. Shayne S. Sorongon	DiCNHS
49. Rehuel T. Fabillar	DiCNHS
50. Annie Belen C. Abangan	DiCNHS
51. Noel Villarta	DiCNHS
52. Edmar Lloyd D. Alimento	DiCNHS

