



Republic of the Philippines  
**Department of Education**  
DIGOS CITY DIVISION



**Office of the Schools Division Superintendent**

**DIVISION MEMORANDUM**

CID-2025- 281

To : CID Chief  
Education Program Supervisor Concerned (MAPEH)  
Public Schools District Supervisors  
Secondary and Elementary School Heads  
Teachers

Subject : NCPEP FIT-FUN CONFERENCE 2025

Date : July 24, 2025

In reference to the 1<sup>ST</sup> Indorsement letter from the Regional office, dated July 9, 2025, re: **NCPEP Fit-Fun Conference 2025**, this Office encourages the participation of the MAPEH teachers and school sports coordinators in the said activity on August 22-24, 2025, at Antique Vocational School.

The teacher-participants shall adhere to the policy on “No Disruption of Classes” as per DepEd Order No. 9, s. 2005 entitled “Institutionalizing Measures to Increase Engaged Time-on-task and Ensuring Compliance Therewith”. School heads are expected to make necessary arrangements ensuring that classes handled by involved teachers will be taken care of by other teachers.

No Government funds shall be used.

Other details of the above information are in the enclosures.

For immediate dissemination and compliance.

*Melanie P. Estacio*  
**MELANIE P. ESTACIO, PhD, CESO VI**  
Schools Division Superintendent

DepEd Schools Division of Digos City  
RECORDS SECTION

**RELEASED**  
DATE: JUL 28 2025 TIME: 1:00 PM  
BY: *[Signature]*

Enclosed: As stated.  
CID/avb



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



SDO



Republic of the Philippines  
**Department of Education**  
DAVAO REGION

DepEd Schools Division of Digos City  
RECORDS SECTION  
**RECEIVED**  
6780  
70308  
12:29  
DATE: 09 JUL 2025  
BY: [Signature]

1<sup>st</sup> Indorsement  
July 3, 2025

Respectfully referred to all the Schools Division Superintendents, this Region, the herein invitation letter from Anna Lou M. Carreon, President of the National Council for Physical Educators of the Philippines, Inc. (NCPEP) Re: **NCPEP Fit-Fun Conference 2025** to be held on August 22-24, 2025 at Antique Vocational School.

This Office interposes no objection to the conference and the participation of DepEd personnel is discretionary on the part of the Office of the Schools Division Superintendent. School Heads are advised to ensure that school/classes are managed during the participation of teacher in the activity to strictly observe the "No Disruption of Class Policy" as per DepEd Order No. 9, s. 2005 entitled "Instituting Measures to Increase Engaged Time-on-Task and Ensuring Compliance Therewith", and no government funds shall only be used for this purpose.

**ALLAN G. FARNAZO**  
Director IV

DEPARTMENT OF EDUCATION  
RECORDS SECTION  
**RELEASED**

By: [Signature]  
Date: 09, 2025  
20542

Encl: As stated  
ROC3/jbdc



Address: F. Torres St., Davao City (8000)  
Telephone Nos.: (082) 291-0051  
Email Address: region11@deped.gov.ph  
Website: www.depedroxi.ph







## OFFICERS

**Ceraldina Cachola-Minas**  
Founder/Chairman

**Anna Lou M. Carreon**  
President

**Jhan Mari J. Tan**  
Vice President

**Dane Ryan R. Moturan**  
Treasurer

**Princess Anne Mendoza**  
Secretary

## BOARD DIRECTORS

**Dr. Lordinio A. Vergara**

**Dr. Ma. Elisa Cruz**

**Ms. Marivic C. Tolitol**

**Dr. Jun C. Alave**

## FOCAL PERSON

**Dr. Heildenberg Dumaracot**

**Mr. Alvin George Cobar**

**Dr. Jerrwin Aguinaldo**

**Dr. Joana Marie Carina M. Gabunilas**

**Mr. Gisel Roger B. Salvilla**

## CORE GROUP

**Federico R. Arzadon Jr.**

**Justin Julien Cachola**

**Norlito R. Frias**

**Allah Faulin P. Bondoc**

**Lhwen Aisiah C. Glinago**

**Eleza Sol A. Alday**

## CONSULTANT

**Marie Fe Cachola**



## NATIONAL COUNCIL FOR PHYSICAL EDUCATORS OF THE PHILIPPINES (NCPEP) INC.

June 14, 2025

**DR. ALLAN G. FARNAZO**

Regional Director

Office of the Regional Director

Department of Education—Regional Office 11

F. Torres St., Davao City

Sir:

Greetings!

The National Council for Physical Educators of the Philippines, Inc. (NCPEP) is excited to present the much-anticipated NCPEP Fit-Fun Conference 2025, which will be held face-to-face from August 22 to 24, 2025, at Antique Vocational School.

With the theme, "Move to the Beat: Mastering the Rhythm of Dance and Exercise," this national conference aims to strengthen the implementation of Physical Education and Sports programs under the revised K to 12 curriculum, particularly in the areas of Movement Competency, Rhythmic Activities, Dance, and Fitness. The event is designed to align with DepEd's goal of enhancing 21st-century skills and promoting physical literacy, well-being, and inclusive education.

Recognizing the role of Physical Education and Sports in achieving the United Nations Sustainable Development Goals (SDGs)—particularly those related to health, education, and gender equality—the conference will feature the following components:

- hands-on MAPEH Revised K to 12 Training aligned with new curriculum standards;
- expert-led workshops and lectures focusing on dance, movement, and exercise pedagogy;
- capacity-building for P.E. professionals to integrate inclusive, engaging, and evidence-based practices into their instruction; and
- discussions on the social, environmental, and economic contributions of sports and physical activity in schools and communities.

The conference is open to P.E. and sports teachers, coordinators, supervisors, principals, and graduate students. Given its direct relevance to the revised K to 12 curriculum and the continuing professional development of our educators, we kindly request your good office to issue an official regional memorandum or advisory allowing participants to attend on official time, subject to existing DepEd rules and regulations.

Attached herewith are the official conference communication and the 3-day program for your review and reference.

Thank you very much for your unwavering support in advancing the professional growth of our educators and promoting quality physical education across the region.

Respectfully yours,

**Anna Lou M. Carreon**

NCPEP President

Contact us:

09074051876

09915442731

ncpep2016@gmail.com

Blk 38 Lot 8 Calaoan City





## OFFICERS

**Geraldine Cachola-Minas**  
Founder/ Chairman

**Anna Lou M. Carreon**  
President

**Jhan Mari J. Tan**  
Vice President

**Dane Ryan R. Maturan**  
Treasurer

**Princess Anne Mendoza**  
Secretary

## BOARD DIRECTORS

**Dr. Lordinio A. Vergara**

**Dr. Ma. Elisa Cruz**

**Ms. Marivic C. Tolitol**

**Dr. Jun C. Alave**

## FOCAL PERSON

**Dr. Heidenberg Dumarucot**

**Mr. Alvin George Cobar**

**Dr. Jerrwin Aguineldo**

**Dr. Joanna Marie Carina M.  
Gabunilas**

**Mr. Gicel Roger B. Salvilla**

## CORE GROUP

**Federico R. Arzadon Jr.**

**Justin Julian Cachola**

**Norlito R. Frias**

**Alliah Foulis P. Bondoc**

**Llwen Aisiah C. Glinogo**

**Elieza Sol A. Alday**

## CONSULTANT

**Maris Fe Cachola**



## NATIONAL COUNCIL FOR PHYSICAL EDUCATORS OF THE PHILIPPINES (NCPEP) INC.

### FIT-FUN Conference 2025

*"Move to the Beat: Mastering the Rhythm of Dance and Exercise"*

August 22 to 24, 2025

<b>Day 1 (Aug 22, 2025)</b> Facilitators: Jhan Mari Tan and Princess Anne Mendoza		
08:00am-9:00am	Registration	
09:00-9:30 am	Opening Program	NCPEP
9:30-10:30 am	Functional Exercise	Dr. Jerrwin A. Aguineldo De La Salle University
10:30 am - 12:00 nn	"Sayaw Pilipinas: Dance Heritage Fitness" Session 1	Dr. Jun Alave Paranaque National High School/PUP
12:00 nn - 1:30 pm	Lunch Break	
1:30 - 3:30 pm	Session 2	Dr. Jun C. Alave Paranaque National High School/PUP
3:30 - 4:00 pm	Snacks	
4:00 - 5:00 pm	Dance Workshop 1	
<b>Day 2 (Aug 23, 2025)</b> Facilitators: Anna Lou M. Carreon/ Federico R. Arzadon Jr.		
08:00 am-9:00 am	Different Genre of Dance Aerobics for PE Class/ Workshop Session 1	Mr. Gicel Roger B. Salvilla Polytechnic University of the Philippines
9:00am -10:00	Workshop Session 2	
10:00 am-10:30am	Health Break	
10:30-12:00 nn	Social Ballroom dancing for P.E class	Dr. Ferdie T. Lubis Polytechnic University of the Philippines
12:00-1:30 pm	Lunch Break	
1:30- 3:30 pm	Workshop	
3:30 -4:00 pm	Snacks	
3:30-5:00	Circuit Training	Dr. Joanna Marie Carina M. Gabunilas/ Dr. Geraldine Minas Polytechnic University of the Philippines
<b>Day 3 (Aug 24, 2025)</b> Facilitators: Geraldine C. Minas/ Justin Julian Cachola		
8:00 -9:00am	Ingress/Recap	
09:00- 12:00 nn	Conditioning Exercise	Mr. Dane Ryan Maturan Accredited Coach Level 2 Aer Gymnastics Caybiga HS  Ms. Jhan Mari Tan Accredited Coach Level 3 Aer Gymnastics
12:00-1:30 pm	Lunch Break	
1:30- 3:30 pm	Output Presentation	Participants
3:30-4:00	Snacks	
4:00-5:00	Closing Program Awarding of Certificates	

Contact us:

09074051876  
09915442731

ncpep2016@gmail.com

Blk 38 Lot 8 Caloocan City





## OFFICERS

**Geraldine Cachola-Minas**  
Founder / Chairman

**Anna Lou M. Carreon**  
President

**Jhar Mari J. Tan**  
Vice President

**Dane Ryan R. Maturan**  
Treasurer

**Princess Anne Mendoza**  
Secretary

## BOARD DIRECTORS

**Dr. Lordino A. Vergara**

**Dr. Ma. Elisa Cruz**

**Ms. Marivic C. Talitot**

**Dr. Jun C. Alave**

## FOCAL PERSON

**Dr. Heildenberg Dumarucot**

**Mr. Alvin George Cobar**

**Dr. Jerrwin Aguinaldo**

**Dr. Jeana Marie Carina M.  
Gabunilas**

**Mr. Gisel Roger B. Solvilla**

## CORE GROUP

**Federica R. Arzaden Jr.**

**Justin Julian Cachola**

**Norlito R. Frias**

**Alliah Faulin Bondoc**

**Llwen Aialah GUnogo**

**Elieza Alday**

## CONSULTANT

**Marie Fe Cachola**



# NATIONAL COUNCIL FOR PHYSICAL EDUCATORS OF THE PHILIPPINES (NCPEP) INC.

## FIT-FUN Conference 2025

*"Move to the Beat: Mastering the Rhythm of Dance and Exercise"*

August 22 to 24, 2025

### Payment:

	Member	Non-Member
EARLY BIRD		
April 1, 2025 - May 15, 2025	Php 3,500.00	4,000.00
May 16, 2025 - July 15, 2025	Php 4,000.00	4,500.00
REGULAR REGISTRATION		
July 16, 2025 - August 20, 2025	4,500.00.00	5,000.00

Bank: Land Bank of the Philippines

Branch: A. Mabini St. Poblacion Caloocan City

Account Name: NATIONAL COUNCIL FOR PHYSICAL EDUCATORS OF THE PHILIPPINES (NCPEP), INC.

Account Number: 2911074527

GCASH # 09620780636 Princess Mendoza

QR Registration Form: <https://bit.ly/4leZ9QR>



### Inclusions:

The registration cost includes lunch and afternoon snacks for the three-day conference and kits containing a PATHFIT 3 book (for the first 50 registrants), seminar ID, certificates of participation, e-handouts, attendance, and completion for those who participate in and complete the workshop activities.

### Contact us:

09074051876  
09915442731

ncpep2016@gmail.com

Blk 38 Lot 8 Caloocan City