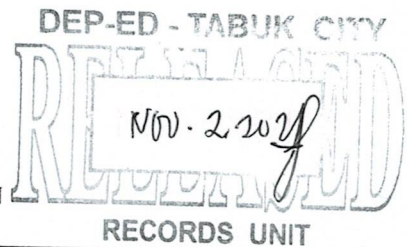




Republic of the Philippines
Department of Education
CORDILLERA ADMINISTRATIVE REGION
Schools Division of Tabuk City



Office of the Schools Division Superintendent

2 November 2021

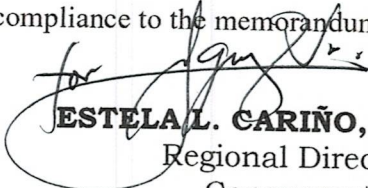
Division Memorandum
No. 310, s. 2021

CONDUCT OF PHYSICAL FITNESS TEST TO ESTABLISH A PHYSICAL FITNESS DATABASE OF ALL LEARNERS

To:

MAPEH Education Program Supervisor
Division Sports Officer
Division Health Personnel
Public and Private Elementary and Secondary School Heads
All others Concerned

1. In compliance to RM 488-2021 pursuant to DepEd Order No. 034, s. 2019, The Schools Division Office directs the conduct of Physical fitness Test (PFT) through any possible modality to all learners in elementary and secondary as part of an essential component in physical education and sports programs.
2. This PFT activity aims to:
 - A. Give learners opportunity to engage in physical exercises at this time amid Covid 19 when they need it most;
 - B. Generate data that will serve as basis for coaches, PE teachers and school health personnel for proper decision making for the learner's health and sports concerns.
3. Schools shall submit, record, summarize and submit in excel format the result of the tests for the first quarter through the link <https://bit.ly/PFTtabuk> on or before November 27 for the SDO's Sports Officer, Health Personnel, and MAPEH Education Program Supervisor utilization.
4. The concerned SDO personnel shall also submit the summary of report to the RO on or before November 30, 2021 to the RO's MAPEH Supervisor through clmd.depedcar@gmail.com, and to RO's Sports Officer and Health Section through essd.depedcar@gmail.com.
5. Immediate dissemination of and strict compliance to the memorandum is directed.


ESTELA L. CARIÑO, EdD, CESO III
Regional Director and
Concurrent OIC

Office of the Schools Division Superintendent



Address: Purok 2, Bulanao Norte, Tabuk City, Kalinga
Email: tabuk.city@deped.gov.ph
Website: <https://www.depedtabukcity.com>