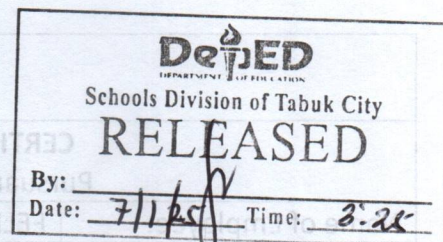




Republic of the Philippines
Department of Education
Cordillera Administrative Region
Schools Division of Tabuk City



Office of the Schools Division Superintendent

June 23, 2025

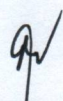
Division Memorandum
No. 256, s. 2025

**CONDUCT OF RESKILLING OF GRADE 7/8 MAPEH TEACHERS ON CONTENT
AND PEDAGOGY**

To:


CID and SGOD Chiefs
Public Schools District Supervisors
Public Secondary School Heads
All Concerned

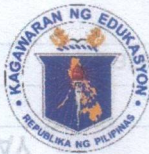
1. This is to announce the conduct of Reskilling of Grade 7/8 MAPEH Teachers on the Content and Pedagogy on July 9-11, 2025 at SDO Tabuk City, Katapatan Conference Hall, Bulanao Norte, Tabuk City.
2. The activity aims to reskill MAPEH teachers on the content, particularly on identified sports, music and arts(dances) and health and give them the confidence and competence to teach and handle MAPEH classes.
3. All grade 7/8 MAPEH teachers and MAPEH Department Heads of secondary schools within the SDO Tabuk City are expected to attend this activity. School heads shall take responsibility in assigning competent teachers to handle the affected classes of participants. Likewise, participants are requested to come with sports attire and bring their personal sports equipment on their chosen sport.
4. Traveling expenses of the participants shall be charged against school MOOE or any available local funds subject for usual accounting and auditing rules and regulations while meals and snacks shall be charged to HRTD Fund.
5. Attached to this memo are the enclosures:
Enclosure 1: Resource persons
Enclosure 2: Identified Participants
Enclosure 3: Program matrix
6. Immediate dissemination and compliance to this Memorandum is desired.


BENEDICTA B. GAMATERO PhD, CESO V
Schools Division Superintendent



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 DepEd Tayo Tabuk City



Republic of the Philippines

Department of Education

Cordillera Administrative Region

Schools Division of Tabuk City

Office of the Schools Division Superintendent

Enclosure 1 to DO 256.2025

Reskilling of Grade 7/8 MAPEH Teachers(Secondary MAPEH Teachers)

RESOURCE PERSONS/LECTURER/DEMONSTRATOR/TWG

| No. | TOPIC/EVENT | RESOURCE PERSONS | SCHOOL |
|-----|--------------------------------------|---------------------------------|-------------------------|
| 1 | Emotional Health and Family Health | Sandra R. Bayangan | Tabuk City NHS |
| 2 | Food Literacy / safety and First Aid | Malee Kaye S. Albert | Nurse-SDO Tabuk City |
| 3 | | Winie-Ann P. Guiwan | Dilag Integrated School |
| 4 | ASEAN | Rheden Julian | Tabuk City NHS |
| 5 | Dances/Folk Dances | Trisha Padcayan | Tabuk City NHS |
| 6 | Individual Events: | | |
| 7 | ARNIS | Kelvin Kurt G. Calipay | Kalinga NHS |
| 8 | Taekwondo | Jeffrey Ismael | CLGU Tabuk |
| 9 | Athletics | Jaime Cabalan, | Tabuk City NHS |
| 10 | | Elvis Cawa | Tabuk City NHS |
| | | Algie Gammod | Tuga NHS |
| 11 | Team Events: | | |
| 12 | Futsal | Collin Bongollon | Kalinga NHS |
| 13 | | Chester Pacas | Agbannawag NHS |
| 14 | Baseball | Stephen Gatan | Tabuk City NHS |
| 15 | Softball | Rafael Alcodia | Agbannawag NHS |
| 16 | Monitoring | Harriet C. Buslig | SMME-SGOD |
| 17 | | Vincent Martinez | |
| 18 | Medical Team | Janice Mangaoang/ Russel Damian | Nurse-SDO |

GRADE 7/8 MAPEH CONTENT AND PEDAGOGY

(PE, MUSIC/ARTS AND HEALTH)

Training Matrix

| Day /Time | Group A (Futsal,Softball/Baseball) | Group B (Arnis,Taekwondo,Athletics) | Group C (Dances) | Group D (Health) | Persons Incharge |
|------------------|---------------------------------------|--|---|---|---------------------|
| Day 1: 7:30-8:00 | Registration | Registration | Registration | Registration | TWG |
| 8:00-8:30 | Preliminaries | preliminaries | Preliminaries | preliminaries | TWG |
| 8:30-10:00 | Lecture on Rules and skills | Lecture on Rules and skills | ASEAN DANCES/FOLK Literature and skills | Emotional Health and Mental Health Lecture on health tips and care | Resource Speaker |
| 10:00-10:15 | Uninterrupted Break | | | | |
| 10:15-12:00 | Skills Demo | Skills Demo | Skills Demo | Continuation of Lecture Safety and First Aid/Food Literacy | Resource Speaker |
| 12:1:00 | Lunch Break | | | | |
| 1:00-5:00 | Skills demo | Skills demo | Skills demo | Activity | Resource Speaker |
| Day 2: 7:30-8:00 | MOL | MOL | MOL | MOL | MOL |
| 8:00-8:30 | Lecture on Rules and skills | Lecture on Rules and skills | (Health) Lecture on health tips and care | (Dances)ASEAN/FOLK Literature and skills | RS |

| | | | | | |
|------------------|--|---|--|---|-----|
| 8:30-10:00 | Skills Demo | Skills Demo | Emotional Health and Family Health Lecture on health tips and care | Literature and skills | RS |
| 10:00-10:15 | Uninterrupted Break | Uninterrupted Break | | | |
| 10:15-12:00 | Skills demo | Skills demo | Continuation of Lecture Food Literacy Safety and First Aid | Skills Demo | RS |
| 12:1:00 | Lunch Break | | | | |
| 1:00-5:00 | Skills Demo | Skills Demo | Activity | Skills demo | RS |
| Day 3: 7:30-8:00 | MOL | MOL | MOL | MOL | MOL |
| 8:00-10:00 | (Health) Lecture on health tips and care | (Health) Emotional Health and Family Health Lecture on health tips and care | (FUTSAL) Lecture on Rules and skills | (SOFTBALL/BASEBALL) Lecture on Rules and skills | RS |
| 10:00-10:15 | Uninterrupted Break | Uninterrupted Break | Uninterrupted Break | Uninterrupted Break | |
| 10:15-12:00 | Continuation of Lecture | Continuation of Lecture Food Literacy/Safety and first Aid | Skills Demo | Skills Demo | RS |
| 12:1:00 | Lunch Break | Lunch Break | Lunch Break | Lunch Break | |
| 1:00-4:00 | Activity | Activity | Skills Demo | Skills Demo | RS |
| 4:00-5:00 | Closing Program | Closing Program | Closing | Closing | MOL |