

Republic of the Philippines DEPARTMENT OF EDUCATION

Cordillera Administrative Region

SCHOOLS DIVISION OF TABUK CITY

City Hall Compound, Dagupan Centro, Tabuk City





DIVISION MEMORANDUM No. 56 s. 2019

To

: PSDSs, Public & Private Secondary School Heads

And All Concerned

From

: BENEDICTA B. GAMATERO

OIC- Schools Division Superintendent

DATE

: March 25, 2019

SUBJECT

: TRAINING ON DANCE FUNDAMENTALS FOR NON-PHYSICAL EDUCATION

MAJORS TEACHING SENIOR HIGH SCHOOLS

- The Kalinga State University Office of Extension and Training Services through the City Division Office of Tabuk City will be conducting an extension activity entitled: Dance Fundamentals for Non- Physical Education Majors Teaching Senior High School (SHS) – HOPE 3 subject on April 9-12, 2019 and HOPE 4 subjects on April 23 – 26, 2019 at the KALINGA STATE UNIVERSITY, Bulanao Campus, Bulanao, Tabuk City.
- This training aims to provide Non-Physical Education majors appropriate to gain experience and knowledge in the Fundamentals of Dances appropriate for physical education settings.
- It is also KSU's initial contribution in promoting Physical Education as one of the core subjects of the SHS Curriculum..
- 4. Participants are non-P.E. major teaching P.E. subjects in Schools offering SHS.
- Interested non-P.E. major teaching P.E. in the Junior High School (JHS) may join but have to pay a minimum registration fee to defray expenses on snacks and meals.
- For further inquiries, please see or contact MAY JOSEFA SHIU-BUSLIG, Project Leader on her contact number 0917-750-2913
- 7. See attached proposed schedule and details of activities.
- In the event that a division training will coincide with this training, the division training should be prioritized.
- 9. Immediate dissemination of this Memorandum is desired.

"Senior High School Teacher Training on

Health Optimizing Education (HOPE 3) "DANCE FUNDAMENTALS"

PROPOSED SCHEDULE AND DETAILS OF ACTIVITIES APRIL 9-12, 2019

Venue: KSU Gymnasium

DAY	TIME	ACTIVITY
Day 1	7:30 - 8:00 am	Registration of Participants
	8:00 - 9:00 am	Opening Program
	9:30 am - 5:00 pm	Philippine Folk Dances
Day 2	7:30-8:00 am	Registration of Participants
	8:00-8:30 am	Warm-up Activities
	8:30 am - 5:00 pm	Festival Dance/ Indigenous Dance
Day 3	7:30-8:00 am	Registration
	8:00-8:30 am	Warm-up Activities
	8:30 am - 4:00 pm	Modern/ Contemporary
	4:00 - 5:00 pm	Construction of Teaching Guides for HOPE 3
Day 4	7:30-8:00 am	Registration
	8:00-8:30 am	Presentation of Output (Teaching Guides
	10:00 am - 12:00 nn	Practices for Dance Recital
	2:00 pm	Dance Recital of Participants

"Senior High School Teacher Training on

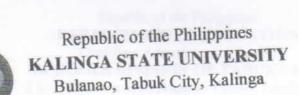
Health Optimizing Education (HOPE 4) "RECREATIONAL ACTIVITIES"

PROPOSED SCHEDULE AND DETAILS OF ACTIVITIES APRIL 23-26, 2019

Venue: KSU Gymnasium

DAY	TIME	Venue: KSU Gymnasium ACTIVITY
Day 1	7:30 - 8:00 am	Registration of Participants
	8:00 - 9:00 am	Opening Program
		Lecture 1: Concept and Nature of Mountaineering
		Lecture 2: Climb Preparation and Assessment
		Pre-climb, trail movement, trail signs, trail ethics
	12:00 nn	Health Break
	1:00 pm	Lecture 3: Equipment Familiarization & Operation
		Essential Personal Gears, Camp Equipment
	2:00 pm	Lecture 4: Meal Planning & Preparation
	3:00 pm	Lecture 5: Basic First Aid for the Outdoors
Day 2	6:00 am	Estimated time of Departure-(Balbalasang Nat'l Park or Lubo,
		Tanudan or Awichon, Lubuagan)
	11:00 am	Estimated time of Arrival
	1:00 pm	Lecture 6: Tent Pitching: Team Building Activities
	6:00 pm	Dinner – Camp fire
	7:00 pm	Lecture 7: Contextualization and Localization
		Construction of Teaching Guides for HOPE 4
Day 3	6:00 am	Breakfast
	8:00 am	Lecture 8: Basic Rope Work
		Lecture 9: Basic Knot Tying
	12:00 nn	Lunch Break
	1:00 pm	Lecture 10: Land Navigation/ Orienteering
	6:00 pm	Dinner
	7:00 pm	Presentation of output – Teaching Guides
Day 4	6:00 am	Breakfast
	7:00 am	Departure for Tabuk der fare going to & from the camping area and snacks during the

Note: Participants will shoulder fare going to & from the camping area and snacks during the whole duration of the event of the event.



CONFIRMATION SLIP

SENIOR HIGH SCHOOL TEACHER TRAINING FOR HEALTH-OPTIMIZING PHYSICAL EDUCATION (HOPE) 4 – RECREATIONAL ACTIVITIES April 23 - 26, 2019

NAME OF SCHOOL:

NAMES OF PARTICIPANTS	CONTACT NUMBER
1	

Please submit confirmation slip on or before April 17, 2019 at the Office of the Sports & Socio-Cultural Affairs, 2nd floor, Engineering Bldg, KSU Bulanao Campus or PM to May Shiu-Buslig