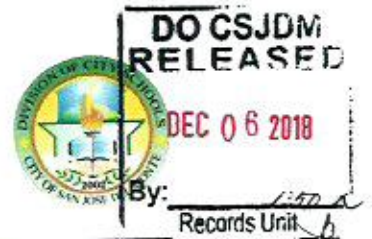




Republic of the Philippines
DEPARTMENT OF EDUCATION
Region III – Central Luzon
SCHOOLS DIVISION OF SAN JOSE DEL MONTE CITY
San Ignacio St., Poblacion, City of San Jose del Monte 3023



November 28, 2018

DIVISION MEMORANDUM

No. 250, s. 2018

TO: Asst. Schools Division Superintendent
Division Chiefs
Public Schools District Supervisors
Public Elementary/Secondary School Heads
All Others Concerned

DIVISION TRAINING-WORKSHOP ON THE FINAL ADMINISTRATION OF PHYSICAL FITNESS TESTS

1. This Office announces the conduct of the Division Training –Workshop on the Final Administration of the Physical Fitness Tests on December 10 to 12, 2018 at a venue to be announced.
2. This training aims to enhance the knowledge and skills of participants on the final administration of the Physical Fitness Tests.
3. Participants to this workshop are Elementary and Secondary MAPEH Coordinator for Music, Arts, Physical Education and Health (MAPEH).
4. Attached are the following:
 - a. Enclosure No. 1: Training Matrix
 - b. Enclosure No. 2: List of Participants
5. Expenses relative to this activity shall be charged against Division Maintenance and Other Operating Expenses (MOOE) while transportation expense shall be charged against school fund subject to the usual accounting and auditing procedures.
6. Participants are advised to bring swim wear for aqua aerobics.
7. Immediate dissemination of this Memorandum to all concerned is enjoined.


GERMELINA H. PASCUAL, CESO V
Schools Division Superintendent



Republic of the Philippines
DEPARTMENT OF EDUCATION
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 San Ignacio St. Poblacion City of San Jose del Monte, 3023



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DIVISION TRAINING /WORKSHOP ON THE FINAL ADMINISTRATION OF THE PHYSICAL FITNESS TESTS

DECEMBER 10-12, 2018

TRAINING MATRIX

Objective

Time/Date	December 10, 2018	December 11, 2018	December 12, 2018
7:00-8:00	Arrival & Registrations	AQUA AEROBICS	AQUA AEROBICS
8:00-8:30	MOL	MOL	MOL
8:30-10:00	Review of the Physical Fitness & Protocols Leny Delos Reyes - EPS	Statistical Tool for Physical Fitness Romeo Catuday SJDMNTS	Demonstration of PPFT & Accomplishment of Evaluation tool
10:00-10:30	Merienda	Merienda	Merienda
10:30-12:00	Standard Scores Renato Ignacio SPNHS	Synchronized Health related PFT Edna Garcia - KAYPIAN NHS	Demonstration of PPFT & Accomplishment of Evaluation tool
12:00-1:00	Lunch	Lunch	Lunch
1:00-3:20	Continuation of Standard Scores	Computation and Integration of Scores based on Test Results Cindy Mangahas Graceville NHS	Demonstration of PPFT & Accomplishment of Evaluation tool
3:20-3:30	Merienda	Merienda	Merienda
3:30-5:00	Continuation of Standard Scores	Continuation of Standard Scores Marie Chriz Cacho CITRUS NHS	Closing Program

Enclosure No. ___ of the Div. Memorandum No. ²⁵⁰, s. 2018

	NAME	HIGH SCHOOL	DESIGNATION
1.	ERIC JORDAN E. MANUEVO	KAKAWATE NHS	T-1
2.	BEULAH P. POLICARPIO	STO. CRISTO NHS	T-1
3.	PETER PAUL SEDOMO	MINUYAN NHS	T-1
4.	GERALDINE NOVO	TOWERVILLE NHS	T-1
5.	CYRIL G. QUINTANILLA	CITRUS NHS	T-1
6.	OSCAR N. GONZALES	SAN MARTIN NHS	T-1
7.	PEPITO D. GENER	SJDM NAT'L TRADE SCHOOL	T-1
8.	REY B. ALCAZAR	SAPANG PALAY NHS	T-1
9.	REXTER LOUIE D. DIAMSEN	SJDM HEIGHTS HS	T-1
10.	CYNTHIA A. SAMSON	MUZON HS	T-1
11.	JONATHAN S. BIAS	MUZON HARMONY HILLS HS	T-1
12.	JANSEN G. VILLAFUERTE	SJDM SCIENCE HS	T-1
13.	JERRY PONENTO JR	MARANGAL HS	T-1
14.	KAREN JADE P. DABU	GRACEVILLE NHS	T-1
15.	CARMINA I. SARABIA	SAN MANUEL HS	T-1
16.	BIHILDIS MEDINA	PARADISE FARMS NHS	HT
17.	CHRISTIAN N. PASCUAL	SJDM NHS	T-1
18.	ROWENA E. DULLA	KAYPIAN HS	T-1
19.	MICHELLE R. BAYLON	SAN ISIDRO ES	T-1
20.	JASON V. BAYSIC	KAKAWATE ES	T-1
21.	EDITH CAMPANER	SAN ROQUE ES	T-1
22.	MARICRIS T. SO	PARADISE FARMS COMMUNITY ES	T-3
23.	RODEL M. SOLOMON	STO CRISTO ES	T-2
24.	JULIUS GALLARDO	TOWERVILLE ES	T-1
25.	CATHERINE O. SOLIVAR	GOLDENVILLE ES	T-1
26.	EUGENE V. TORRES	MINUYAN ES	T-1
27.	MICHAEL L. SANTOS	BBG ES	T-1
28.	JHONNA G. ROMERO	LAWANG PARE BBI ES	T-1
29.	MARIBEL T. SAIMORIN	BBA ES	T-1
30.	EDWIN C. DEQUINA	BBF ES	T-1
31.	JODESA V. REYES	BBB ES	T-1
32.	VENER C. CASES	BBE ES	T-1
33.	EVELYN C. TOLENTINO	DULONG BAYAN ES	T-1
34.	CATALINA S. FELICIANO	SAPANG PALAY PROPER ES	T-1
35.	ANGELITO N. NON JR	SAN MARTIN BBC ES	T-1
36.	PRIMO D. DOJETA	STA CRUZ BBD ES	T-1
37.	JOYCE J. VILLAMOR	SAN RAFAEL BBH ES	T-1
38.	EVANGELINE I. CAHILOG	SJDM CENTRAL ES	T-1
39.	ZALDY G. BERNALES	SJDM HEIGHTS ES	T-1
40.	BOBBY H. GRANADA JR.	HEROESVILLE ES	T-1
41.	CYNTHIA SORIANO	PARTIDA ES	T-1
42.	REDEMPTO D. SARMIENTO	BENITO NILO LS	T-1
43.	ARFE M. ARCAMO	MUZON PABAHAY ES	T-1
44.	JHOANNA A. LACISTE	GYA-GAYA ES	T-1
45.	NICHEL B. CALDERON	MARANGAL ES	T-1
46.	L.J.B. BARTOLOME	GRACEVILLE ES	T-1
47.	CHERRYL E. DALUSUG	RICAFORT ES	T-1
48.	ROSEMARIE ROBES	TUNGKONG MANGGA ES	T-1
49.	JUNALYN L. TAYCO	SAN MANUEL ES	T-1
50.	PRESCILLA G. ESPINO	GUMAOK ES	T-3
51.	MARIBETH RAMOS	FRANCISCO HOMES ES	T-3
52.	ROLANDO P. ALCORIZA	KAYPIAN ES	T-1
53.	APRIL R. DELOS SANTOS	GUIJO ES	T-1
54.	RENATO L. IGNACIO	SAPANG PALAY NHS-TRAINER	M T - 1
55.	CINDY I. MANGAHAS	GRACEVILLE NHS- TRAINER	T-1
56.	ROMEIO B. CATUDAY	SAN JOSE TRADE NHS- TRAINER	T-3
57.	MARIE CHRIZ G. CACHO	CITRUS NHS- TRAINER	T 1
58.	EDNA B. GARCIA	KAYPIAN NHS - TRAINER	T-1
59.	LENY B. DELOS REYES	SDO - CHAIRMAN	EPS