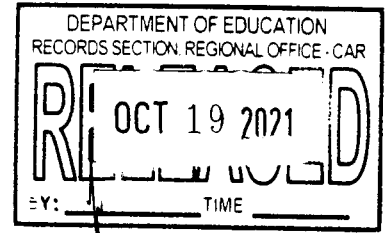




Republic of the Philippines
Department of Education
Cordillera Administrative Region



October 18, 2021

REGIONAL MEMORANDUM
No. 488.2021

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

To: OIC-Assistant Regional Director
Regional Office Division Chiefs
Schools Division Superintendents
Division Sports Officers
All Others Concerned

1. Pursuant to DepEd Order No. 034, s. 2019, issuance of the Revised Physical Fitness (PFT) Manual, this Office reiterates the Conduct of Physical Fitness Test through any possible modality to all learners in elementary and secondary as part of an essential component in physical education and sports programs.

2. Since PFT is both a health and skills related activity, this will give our learners the opportunity to engage in physical exercises at this time when they needed them most amid the Covid-19 pandemic. Moreover, the information that will be derived from PFT's result 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. The result of the tests for the first quarter shall be recorded, summarized and submitted on or before November 30, 2021 to their respective School Sports Coordinator and health personnel, with a soft copy to be sent to the email addresses of the following:

- a. SDO's Sports Officers and Health Personnel,
- b. SDO's MAPEH Supervisor,
- c. RO's MAPEH Supervisor through clmd.depedcar@gmail.com, and
- d. RO's Sports Officer and Health Section through essd.depedcar@gmail.com.

4. For queries, you may contact ESSD through essd.depecar@gmail.com or Edgar H. Madlaing, regional sports officer, through his mobile number 09993288973.



Address: Wangal, La Trinidad, Benguet, 2601
Telephone No: (074) 422 - 1318 | Fax No.: (074) 422-4074
Website: www.depedcar.ph | Email Address: car@deped.gov.ph



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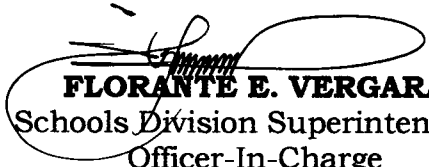


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5. Immediate dissemination of and strict compliance with this Memorandum is directed.

ESTELA LEON-CARIÑO EdD, CESO III
Director IV/ Regional Director

By the Authority of the Regional Director:


FLORANTE E. VERGARA
Schools Division Superintendent
Officer-In-Charge
Office of the Assistant Regional Director



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MANAGEMENT SYSTEMS SOLUTIONS