



Republic of the Philippines
Department of Education
National Capital Region
SCHOOLS DIVISION OFFICE
City of Mandaluyong

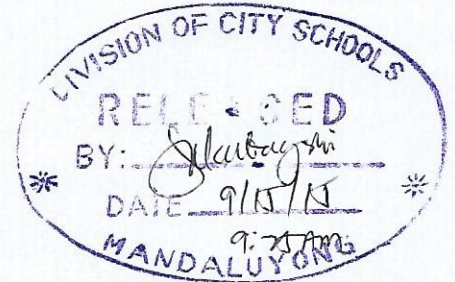
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September 14, 2015

DIVISION MEMORANDUM

**TO: Chief Education Supervisor (SGOD)
Chief Education Supervisor (CID)
Education Program Supervisors
Principals, Public Elementary/Secondary Schools**

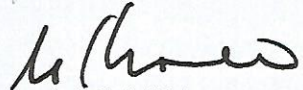


Attached is DepEd-NCR Advisory No. 17 s. 2015 on the conduct of Regional Seminar-Workshop on the Quality Teaching of Physical Education and Sports, contents of which are self-explanatory for information and guidance.

School principals are encouraged to send at least one MAPEH teacher to enhance their competencies in teaching quality Physical Education and School Sports.

Registration of P 1,000.00 and other incidental expenses maybe charged to school local/MOOE funds subject to the usual accounting rules and procedures. Enclosed are the schedule of trainings for ready reference.

Immediate dissemination of this **Memorandum** is desired.


NERISSA L. LOSARIA, CESO VI
Officer In-charge
Office of the Schools Division Superintendent



Republika ng Pilipinas
(Republic of the Philippines)
KAGAWARAN NG EDUKASYON
(DEPARTMENT OF EDUCATION)
PAMBANSANG PUNONG REHIYON
(NATIONAL CAPITAL REGION)
Daang Misamis, Bago Bantay, Lungsod Quezon
(Misamis St., Bago Bantay, Quezon City)

Department of Education
National Capital Region
RECORDS AND PUBLICATION UNIT

Dep Ed. NCR Advisory No. 17 S. 2015
SEPTEMBER 1, 2015

RELEASED

By: _____
Date: SEP 01 2015 Time: _____

**REGIONAL SEMINAR – WORKSHOP ON THE QUALITY TEACHING
OF PHYSICAL EDUCATION AND SPORTS**

- 1.) The MYR Cultural, Recreational and Educational Research Center (MYR CRERC) in partnership with the Department of Education, Culture and Sports-National Capital Region will hold a Regional Seminar Workshop on the Quality Teaching of Physical Education and Sports on the following dates and venues.

6003
DIVISION OF _____ SCHOOLS
RECEIVED
By: Jane
Date: 04 SEP 2015
Time: 9:17 am
TANDALUYON


Date	Venue
September 18, 2015 (Saturday)	G. De Jesus Elementary School, Caloocan
September 19, 2015 (Sunday)	
September 23, 2015 (Wednesday) Holiday Eidul Adha	Las Piñas National High School
September 26, 2015 (Saturday)	
September 27, 2015 (Sunday)	
October 04, 2015 (Sunday)	Sto. Cristo Elementary School Q.C.
October 11, 2015 (Sunday)	
October 18, 2015 (Sunday)	
October 25, 2015 (Sunday)	

- 2.) With the Theme : Physical Education and Sports: Key to a Healthful and Active Long Life for Pinoy Kids, the objectives of the seminar workshop are:
- enhance teachers' competencies in teaching Quality Physical Education and School Sports
 - participate in varied activities necessary to improve health and skill related physical fitness components
 - provide the teacher-participants with resource materials in teaching Physical Education
- 3.) The target participants are elementary, secondary and tertiary MAPEH teachers, coordinators and administrators from both the public and private schools.
- 4.) A Registration Fee of One Thousand Pesos (1,000.00) shall be charged each participant to defray expenses incidental to the conduct of the said endeavor.



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(Misamis St., Bago Bantay, Quezon City)

- 5.) In view of the importance of this seminar – workshop to the enhancement of the implementation of the K-12 MAPEH Curriculum, registration fees may be charged from the MOOE / PE funds subject to the usual accounting and auditing rules and regulations.
- 6.) Attendance of teachers is from eight o'clock in the morning to six o'clock in the afternoon.
- 7.) Simple meals will be provided during the duration of the seminar workshop.
- 8.) The guidelines on the grant of service credits and compensatory time off (per DepEd Order No. 53, s. 2003) shall be observed. Teachers and coordinators will be granted service credits for everyday served on holidays and weekends but not to exceed three (3) days during the conduct of the seminar- workshop. Likewise, administrators, supervisors and staff can avail of the compensatory time-off credits, not to exceed three (3) days.
- 9.) Enclosed is a copy of the Tentative Program of Activities.
- 10.) Immediate and wide dissemination of this advisory is requested.


LUZ S. ALMEDA
Director IV

MYR Cultural, Recreational and Educational Research Center
99 Mindanao Avenue Extension Tandang Sora, Q.C.

September 01, 2015

Dr. Luz S. Almeda
Regional Director
DepEd – NCR
Misamis St. Bago Bantay
Quezon City

Attention:

Dr. Genia V. Santos
Chief, Curriculum Division

Madam

The MYR Cultural Recreational and Educational Research Center, an arm of the Department of Education in enhancing the competencies of teachers in teaching Quality MAPEH, wishes to partner with DepEd – National Capital Region to assist in the successful implementation of the K12 MAPEH Program for Elementary and Secondary teachers.

A regional seminar-workshop, which will help MAPEH teachers become effective and efficient teachers, has been scheduled on the following dates and venues:

Date	Venue
September 18, 2015 (Saturday)	G. De Jesus Elementary School Calocan
September 19, 2015 (Sunday)	
September 23, 2015 (Wednesday) Holiday Eidul Adha	
September 26, 2015 (Saturday)	Las Piñas National High School
September 27, 2015 (Sunday)	
October 04, 2015 (Sunday)	
October 11, 2015 (Sunday)	Sto. Cristo Elementary School Q.C.
October 18, 2015 (Sunday)	
October 25, 2015 (Sunday)	

Aside from enhancing the competencies of teachers in teaching, Quality Physical Education, this activity also aims to create an avenue for teachers to experience fitness activities that will pave the way for lifelong and healthful education for Pinoy kids.

May we request your Office to issue an advisory relative to the matter presented. Considering also the benefits the MAPEH teachers will derive from their participation in the said activity, may we request for the use of the MOOE / PE funds to finance the One Thousand Pesos (₱1,000) registration fee of teachers for three (3) days in the aforesaid seminar-workshop?

Furthermore, may we also request for the granting of service credits / compensatory time-offs for all teacher-participants in view of their attendance on weekends and holidays?

Enclosed is a draft of DepEd – NCR advisory which may be used as reference for this purpose.

In anticipation of your positive response, thank you very much.

Very truly yours,

Noemi M. Bellosillo
NOEMI M. BELLOSILLO
Training Director

REGIONAL SEMINAR WORKSHOP ON QUALITY TEACHING OF PHYSICAL EDUCATION AND SPORTS

1st Session – Sept. 19 (Sat) Sept. 20 (Sun) and Sept. 23 (Holiday – Eidul Adha)
 2nd Session – Sept. 26 (Sat) Sept. 27 (Sun) and Oct. 4 (Sun)
 3rd Session – Oct. 11 (Sun) Oct. 18 (Sun) and Oct. 25 (Sun)

DATE/TIME	DAY 1 SEPTEMBER 19, 2015 (SATURDAY)	DATE/TIME	DAY 2 September 20, 2015 (SUNDAY)	DAY 3 September 23, 2015 (WEDNESDAY)
7:30-8:30	Registration Unfreezing Activities Routinary Activities in P.E. Social Mixers	7:30-8:00	Review of Skills Learned in Day 1 Dance Mixers Posture and Body Mechanics (Posture Test) Dr. Noemi M. Bellosillo	Review of Skills Learned in Day 1 and Day 2 Aerobics
8:30-9:00	Opening Program <ul style="list-style-type: none"> • National Anthem • Prayer/ Doxology • Words of Welcome • Roll Call of Participants • Definition of Purpose • Mechanics of the Sem. Workshop 	8:00-9:00	The Elements of Movement and Fun with Wands, Rings and Balls Dr. Genia V. Santos Chief, Curriculum Div. DepED-NCR	Arnis Activities for Elem. and Secondary Pinoy Kids. Prof. Armando Soteco and Prof. Hadji Tejada
9:00-10:00	A Review of the Hierarchy of Skills in Teaching P.E and Sports and The Filipino Pyramid Activity Guide Dr. Noemi M. Bellosillo	9:30-10:00	Basic Skills <ul style="list-style-type: none"> • Non Locomotor • Locomotor Skills • Manipulative Skills Dr. Priscilla L. Minas	Fundamental Arm and Feet Positions/ Movements and Basic Dance Steps in 2 and 3 Time 4 Rhythm Ms. Melinda B. Masaganda
10:00-10:30	B R E A K – T I M E	10:00-10:30	B R E A K – T I M E	B R E A K T I M E

10:30-12:00	Revisiting the Philippine Physical Fitness Test Mr. Buddy Arcanghel MAPEH Supervisor-Caloocan	10:30-2:00	Games and Sports Skills in the K-12 P.E Curriculum <ul style="list-style-type: none"> • Target Games • Invasion Games (Larong Lahi- Included) Mr. Buddy Arcanghel	Dances in K-12 Curriculum Elementary Secondary Prof. Dodge Contreras
12:00-1:30	LUNCH – BREAK	12:00-1:30	LUNCH – BREAK	LUNCH – BREAK
1:30-3:00	Bio-Mechanics and Bio Mechanical Analysis of Movement/Exercise (Harmful Exercises) Prof. Leo Viajar		SPECIAL SKILLS : Basketball(Coaching and Officiating) Prof. Mario Montiel Outstanding PBA Referee Official ASEAN Games	Athletics (Track and Field) TM – Palarong Pambansa
3:00-3:30	BREAK – TIME	3:00-3:30	BREAK – TIME	BREAK – TIME
3:30-5:00	Gymnastics in the K-12 P.E Curriculum Basic Gymnastic Positions Stunts w/ their Physical Fitness Components Individual/ Dual/ Group Stunts Ms. Mage Wagan Champion Gymnast	3:30-5:00	Cont. Of Sports Skills <ul style="list-style-type: none"> • VolleyBall (Coaching and Officiating) Prof. Nestor Bello TM – Palarong Pambansa	Racquet Games and Sports Table Tennis / Badminton Prof. Jason Rasal TM – Palarong Pambansa
5:00-6:00	Snippets of the Sports (Palara) Program of DepEd – NCR Ms. Dafrosa Y. Zagala	5:00-6:00	<ul style="list-style-type: none"> • Ballroom Dancing Dr. Priscilla L. Minas	Closing Program