



DEPARTMENT OF EDUCATION  
Region X  
DIVISION OF MISAMIS ORIENTAL  
Cagayan de Oro City



**DIVISION MEMORANDUM**

No. 162 s. 2014

All Public School District Supervisors  
All Elementary and Secondary School Administrators

From: **CHERRY MAE L. LIMBACO, Ph.D., CESO V**  
Schools Division Superintendent *[Signature]*

Date: July 3, 2014

Re: **A Two Day Live-Out Echo-Training Workshop On K to 12 Physical Fitness  
Test And Planning For Strengthening Sports Program To All SPS  
Implementers And Non SPS Implementers**

1. This office will conduct A Two Day Live-Out Echo-Training Workshop On K to 12 Physical Fitness Test And Planning For Strengthening Sports Program To All SPS Implementers and Non-SPS Implementers on July 11-12, 2014 at Balingasag Central School, Balingasag, Misamis Oriental.
2. This echo- training workshop aims to:
  - Introduce the new Physical Fitness Test to all SPS Implementers and Non- SPS Implementers as basic requirements for Grades 3- 9 students/pupils under the curriculum.
  - Update on the latest guidelines of sports curriculum;
  - Formulate plans in strengthening the performance among SPS implementers and Non- SPS Implementers; &
  - Provide advance technical information on Sports Track under Senior High School and K to 12 Curriculum for Grade 3
3. The participants to this activity are one (1) SPS School Coordinators and three (3) Teachers per SPS Schools who are not trained, District Sports Coordinator and High School Sports Coordinator who shall conduct the echo-training in their respective districts/school for the teachers who shall implement the curriculum this school year 2014-2015 are also advised to attend.
4. Traveling expenses and other incidental expenses of the participants shall be charged against local/school funds subject to the usual accounting and auditing policies, rules and regulations.
6. For information and guidance.

jdr

Republic of the Philippines  
 Department of Education  
 Region X  
 DIVISION OF MISAMIS ORIENTAL  
 Cagayan De Oro City  
**PHYSICAL FITNESS TEST FORM**  
 School Year: \_\_\_\_\_  
**PRE TEST**

**E:** \_\_\_\_\_ **Section:** \_\_\_\_\_ **Birthday:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Gender:** \_\_\_\_\_

**PART I. HEALTH -RELATED FITNESS TEST**

**BODY COMPOSITION**

**1. BODY MASS Index (BMI)**

Height (in inches)	Weight (in Pounds)	BMI	Classification

**2. Waist Circumference**

Waist Circumference (in Centimeters)	Interpretation

**CARDIOVASCULAR ENDURANCE: 3-Minute Step**

Heart Rate Per Minute	
Resting Heart Rate	Training Heart Rate

**MUSCULAR STRENGTH**

**1. 90 Degrees Push-up**

Number of Push-up

**2. Curl-up**

Number of Curl-up

**FLEXIBILITY**

**1. Zipper Test**

Overlap (in Centimeters)

**2. Sit and Reach**

Score (in Centimeters)

**PART II. SKILL RELATED FITNESS TEST**

**A. SPEED**

**1.. 40 Meter Sprint**

Time (00:00)

**B. POWER**

**1.**

**1. Basketball Pass**

**Basketball Pass**

Distance (in Meters)		
1st Trial	2nd Trial	3rd Trial

**2. Standing Long Jump**

Distance (in Centimeters)	
1st Trial	2nd Trial

**C. AGILITY: Hexagon Agility Test**

Clockwise (Time)	Counter Clockwise (Time)	Average (Time)

**D. REACTION TIME: Stick Drop Test**

1st Trial	2nd Trial	c	Middle Score

**E. COORDINATION: Paper Juggling**

First Trial: Number of Hits

Second Trial: Number of Hits

**F. BALANCE: Stork Balance Stand Test**

First Trial: Time (00:00)

First Trial: Time (00:00)

NAME OF TEACHER and SIGNATURE

NAME OF SCHOOL PRINCIPAL and SIGNATURE

JOHNNY D. REDONDO  
EPS - I ARTS, P.E. & HEALTH

CHERRY MAE L. LIMBACO, Ph.D., CESO V  
Schools Division Superintendent