

## DEPARTMENT OF EDUCATION Region X DIVISION OF MISAMIS ORIENTAL Cagavan de Oro City



## DIVISION MEMORANDUM No.26 s. 2016

TO

**All PS District Supervisors** 

All Elementary and Secondary Administrators

FROM: CHERRY MAE A. LIMBACO, Ph.D., CESO V

Schools Division Superintendent

DATE:

January 14, 2016

SUBJECT:

SUBMISSION OF THE RESULTS OF THE POST CONDUCT OF THE PHYSICAL FITNESS AND SPORTS TALENT IDENTIFICATION TEST

- 1. Per suggested schedule of School Sports Activities SY 2015-2016, the submission of the results of the Post-Conduct of the Physical Fitness and Sports Talent Identification Test (PFSTIT) shall be in the month of January.
- A Template is uploaded to be used in filling up of the said report. 2.
- All concerned are advised to submit the said report on or before January 29, 3. 2016. Attention: Mr. JOHNNY D. REDONDO, EPS-1 MAPEH/Division Sports Coordinator
- Immediate dissemination of this Memorandum is desired. 4.

jdr/CLL

Department of Education
Region X
Division of Misamis Oriental
Cagayan de Oro City

## PHYSICAL FITNESS AND SPORTS TALENT IDENTIFICATION TEST (PFSTIT) CONSOLIDATED REPORT: BY DISTRICT/SCHOOL/GRADE/YEAR LEVEL/GENDER

DISTRICT:	·· <del>···</del> ····		<del></del>		SCHOOL:									
	Grade III/Grade 7	15		Grade IV/Grade 8			Grade V/Grade 9			Grade VI/ Grade 10				
	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total		
BMI						<del></del>			<del></del>					
WEIGHT					<u> </u>	— ,,i,, -,,,, -, -, -, -, -, -, -, -, -, -, -		<u> </u>	·					
HEIGHT			······································											
CURL UPS			<del></del>											
TRUNK			······································		<del></del>	4								
LIFT(CM)														
SIT &			··											
REACH		İ												
(L) CM	<u> </u>		·						·					
SIT & REACH														
(R) CM														
Shoulder			···•···		·									
Flex (L)														
Shoulder									·					
Flex (R)	l						1							

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40 M speed run (sec.)							-				
1 k. Run											
Sitting Height(cm) Arm span (cm)											
Standing Long Jump (cm)/Vertical Long Jump											
Basketball Pass(m)											
Angular Push Ups						**************************************					

Submitted by:

PSDS / Principal

Submitted to:

JOHNNY D. REDONDO EPS-1 MAPEH/Div. Sports Coor.

Recommending Approval:

JEAN G. VELOSO Asst. Schools Division Superintendent

Approved by:

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