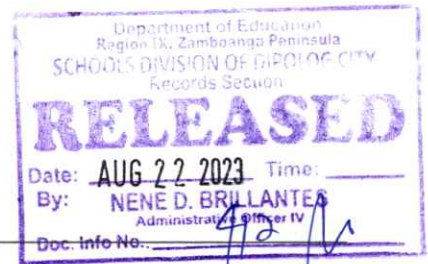




Republic of the Philippines  
**Department of Education**  
REGION IX - ZAMBOANGA PENINSULA  
SCHOOLS DIVISION OF DIPOLOG CITY



August 18, 2023

**DIVISION MEMORANDUM**

No. 412, s. 2023

**CAPACITY BUILDING FOR ELEMENTARY AND SECONDARY  
MAPEH / SCHOOL SPORTS COORDINATOR IN CONDUCTING THE  
REVISED PHILIPPINE PHYSICAL FITNESS TEST MANUAL**

To: **ALL MAPEH / SCHOOL SPORTS COORDINATOR**  
(Hereto attached)  
This Division

1. Pursuant to the DepEd Order No. 034, s. 2019 dated December 19, 2019 re: REVISED PHYSICAL FITNESS MANUAL, this office initiates the conduct of a two – day seminar workshop on **Revised Physical Fitness Test Manual Orientation** for all **School Sports / MAPEH Coordinator** on **August 24 – 25, 2023 from 8:00 am to 5:00 pm, at Zamboanga del Norte National High School Turno Campus, Turno, Dipolog City.**
2. Under the K to 12 Basic Education Curriculum, Physical Fitness is one of the major goals of the Physical Education Program and shall be incorporated/ adopted in the curriculum from Grades 4 to 10. The administration and implementation of the testing program shall be treated as an essential component of the Physical Education and School Sports Programs from Grades 4 to 12. The objective of the task is to carry out and demonstrate the sequences of actions, processes, and motion routines that will be instructed in Physical Education sessions.
3. Participants are encouraged to wear their sports attire during the seminar workshop.
4. Service Credits (SC)/ Compensatory Overtime Credits (COC) shall be granted to the participating personnel.
5. For information and wide dissemination.

**MA. LIZA R. TABILON, EdD, CESO V**  
Schools Division Superintendent



Address: Purok Farmers, Olingan, Dipolog City  
Telephone No.: (065) 908-2583  
Email Address: dipolog.city@deped.gov.ph  
Website: dipologcitydivision.net  
FB Page: <https://www.facebook.com/depeddipologcity>



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**Department of Education**  
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SCHOOLS DIVISION OF DIPOLOG CITY

Enclosure no. 1 to Division Memo No. \_\_\_\_\_ s. 2023

**LIST OF PARTICIPANTS**

NAME	DISTRICT	SCHOOL
1. BALBINO CHIONG	EAST	LUGDUNGAN ES
2. CHRISTIAN NEIL V. TABANCURA	EAST	ZNNHS – TURNO
3. MARY ANN Q. TARDO	EAST	TURNO ES
4. GERALDYN I. BALANGITAO	EAST	ST. JOHN ES
5. WILVIN H. INDING	EAST	UDIS
6. JESSA MARIE S. SAGUIN	EAST	LINABO ES
7. ROEL A. CALALANG	EAST	DICAYAS ES
8. MARJORIE T. SUYA	EAST	GIS
9. MARICEL ROSAGENIA	EAST	STO. NINO ES
10. SENDELYN L. MAGALLANES	EAST	ESTAKA CS
11. CHERYL D. ELNASIN	EAST	MINAOG ES
12. KIMJE HAMOY	EAST	ZNNHS - MAIN
13. LETECIA L. EMPEYNADO	SOUTH	DIWAN ES
14. ARNEL M. TIARO	SOUTH	SANGKOL ES
15. PAMELA RAYE R. VILLAZORDA	SOUTH	VIRGINIA ES
16. RAYLIX B. BANTILAN	SOUTH	LAOY OLINGAN ES
17. FRESNELUZ R. MANUEL	SOUTH	AQUMATHS
18. JOEL O. VILLAR	SOUTH	STA. CRUZ OLINGAN ES
19. VIZMINDA M. CORPORAL	SOUTH	OLINGAN ES
20. LYNDEL DALAGAN	SOUTH	OLINGAN SOUTH ES
21. GHANDI GAHISAN	SOUTH	LINAY ES
22. REYNANTE F. LAGOS	SOUTH	PETHS
23. MADILIN M. SALDARIEGA	SOUTH	PAMANSALAN ES
24. KEVEN IAN ALBON	SOUTH	COGON ES
25. MARY GRACE GLYXEL TULBA	SOUTH	COGON NHS
26. REMARC PALIGUTAN	SOUTH	CAYASAN ES
27. RAYMER M. RETES	SOUTH	GUINSANGAAN ES
28. RODNY VELASCO	SOUTH	SINAMAN IS
29. AIDA MAE I. GORION	SOUTH	SAN JOSE ES
30. GERALD DUMAT-OL	SOUTH	SAN ALFONSO ES
31. RAUL TUBIL	SOUTH	PUNTA CS
32. JENNIFER FULACHE	SOUTH	PNHS
33. KHEVIN SUMALPONG	NORTH	BIASONG ES
34. CRUS ANTHONY SALDON	NORTH	SICAYAB ES
35. RACHEL NINOFRANCO	NORTH	BARRA ES
36. MARYLYNDA TUASTUMBAN	NORTH	DCNHS
37. MERCEDITA PALUCA	NORTH	DPDS
38. MARIA CHRISTY ZAMORA	NORTH	SNHS
39. MARY ANN ALABASTRO	WEST	GALAS ES
40. MARY ELLYN RIMANDO	WEST	GALAS NHS
41. JUNESSA GILEA D. PALER	WEST	STA. FIS
42. ANABELLE A. ABAO	WEST	STA. ISABEL ES





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43.JOLIUS REDONDO	WEST	MNHS
44.SHERYL L. PACAS	WEST	MAGSAYSAY ES
45.LARRY P. REGENCIA	WEST	MECS
46.EDGAR B. BAGALANON	WEST	TUBOD IS
47. LADY MAE S. PAPON	SOUTH	KEPIYANAN ES
<b>RESOURCE SPEAKER / FACILITATOR</b>		
1.JONALD NOLI	EAST	ZNNHS
2. VICENTE GALLEMIT JR.	EAST	ZNNHS
3.AGNES GACES	WEST	GALAS NHS
4. JOSEPHINE CAVAN	NORTH	SNHS
5.OSCAR DRILON	SOUTH	PNHS
6.FELIPA GENABE	EAST	ZNNHS
7.NORAFE SINUGBOJAN	EAST	ZNNHS
8.DUDILINA VILLA	EAST	ZNNHS
9.GAIL JOSEPHINE BUSTILLO	EAST	ZNNHS
10.JESSE P. SAMANIEGO		SDO



Address: Purok Farmers, Olingan, Dipolog City  
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Email Address: [dipolog.city@deped.gov.ph](mailto:dipolog.city@deped.gov.ph)  
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FB Page: <https://www.facebook.com/depeddipologcity>