



Republic of the Philippines
Department of Education

REGION I
SCHOOLS DIVISION OFFICE OF PANGASINAN II
Canarvacanan, Binalonan, Pangasinan

Office of the Schools Division Superintendent

October 21, 2024

DIVISION MEMORANDUM

No. 580, s. 2024

**TO: DISTRICT SUPERVISORS
ELEMENTARY SCHOOL HEADS
SECONDARY SCHOOL PRINCIPALS
ASSISTANT SCHOOL PRINCIPALS- SHS
SCHOOL HEAD OF PRIVATE SCHOOLS**

**FROM: VIVIAN LUZ S. PAGATPATAN, PHD, CESO VI
OIC, Office of the Schools Division Superintendent**

**SUBJECT: DIVISION IMPLEMENTATION OF PHYSICAL FITNESS
PROGRAM "THE GREAT FILIPINO WORKOUT"**

PARTICULARS

1. Pursuant to CSC Memorandum No. 8, s. 2011 re : Reiteration of the Physical Fitness Program "Great Filipino Workout", all government agencies are hereby required to adopt " The Great Filipino Workout " as an integral part of the National Physical Fitness and Sports Development Program for government personnel.
2. Relative to this, all schools of Pangasinan II are required to implement a functional and effective School Fitness Program after school hours. It can any form of physical activity like dancing, playing ball games, running, etc. This is a joint program of SDO Pangasinan II MAPEH and Division Medical Unit led by Dr. Jennifer G. Tambaonan.
3. The objectives and goals of the activity are:
 - Instill in the minds and hearts of all the proper appreciation of the importance of physical development hand in hand with the mental development in individual and social activities.
 - Promote physical and mental health wellness of learners, teaching, and non-teaching personnel.
 - To maintain a normal Body Mass Index.
4. Along this perspective, the "Galaw-Indak Pangasinan II", a dance Fitness Exercise with a fusion of basic folk dance steps and sports movements was conceptualized and being utilized in the field in their fitness activities. Dance Videos can be downloaded from the You tube and MAPEH_Pangasinan II (Official website).



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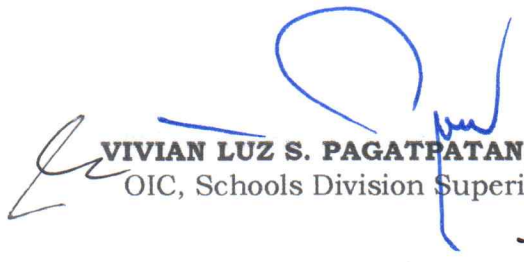



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5. Attached herewith is the Program Implementation Guidelines and Mechanics.
6. For widest dissemination to all personnel concerned.


VIVIAN LUZ S. PAGATPATAN, CESO VI
OIC, Schools Division Superintendent

APPROVED FOR TRANSMISSION:

ADNAN PURISIMA
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6. Rigid and regular monitoring will be conducted to ensure the effective implementation of the program.
7. For program sustainability, Schol-based Search for Biggest Loser can be conducted.



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PROGRAM IMPLEMENTATION GUIDELINES- SCHOOL FITNESS PROGRAM

1. All schools should implement a **functional and effective Fitness Programs** after school hours spearheaded by the PSDSs, School Heads, MAPEH Department Heads/Chairmen/Coordinators, MAPEH Teachers. This program should reflect in their School Improvement Plan (SIP) and one of their Innovative Programs.
 2. Participants to the School Fitness Program are the teachers, non-teaching personnel, learners and parents.
 3. All participants shall undergo Nutritional Status Assessment, particularly utilizing the usual Body Mass Index (BMI) with Height-for-Age (HFA) software provided by the Central Office. A copy of said software may be downloaded here: <https://bit.ly/BMI-with-HFA>.
 4. All school heads must coordinate with their Assigned Nurses on the taking of the BMI and on the submission of district/school consolidated Nutritional Status Reports of all School personnel (Initial), SY 2024-2025.
 5. District/School ~~ASSIGNED~~ Nurses shall prepare the consolidated Nutritional Status report (Initial) SY 2024-25 and submit on or before November 4,2024. Link for the submission will be sent to the Assigned Nurses only.
 6. The Fitness schedules should be done after school hours so it will not disrupt the classes.
4. All activities should be structured to ensure the safety requirements are met including consideration of each participants readiness for the activity based upon age, skill and physical condition.
- All participants should have medical certificate to participate. **PAR-Q** (Physical Activity Readiness Questionnaire) test should be administered for this purpose(Sample of this test to be posted in the GCs).
 - Clothing should be appropriate to the activity.
 - Activities to be conducted should be within the capabilities of the school human resources and available sports equipment and game paraphernalia to be supervised to ensure safety and orderly progression of each event.
5. Integrate Values Education, Literacy and numeracy through culture-based games- Laro ng Lahi like vocabulary development in reading and numeracy like counting.



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