



November 21, 2019

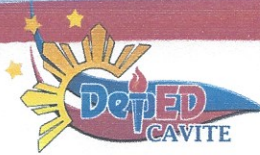
DIVISION MEMORANDUM

No. 487 s. 2019

**DIVISION SEMINAR WORKSHOP FOR NON MAPEH MAJOR IN
GRADE 11 AND 12 ON CONTENT AND PEDAGOGY IN
PHYSICAL EDUCATION AND HEALTH**

To: Assistant Schools Division Superintendent
OIC, Office of the Assistant Schools Division Superintendent
Chief, CID and SGOD
Education Program Supervisors
Public Schools District Supervisors
SHS School Principals
SHS TVL Teachers
All Others Concerned

1. The implementation of the K to 12 Senior High School Program specifically for MAPEH requires grade 11 and 12 teachers to undergo continuing professional enhancement and upgrading skills and competencies especially in Physical Education in order to keep up with the evolving needs in education and training for quality MAPEH performance.
2. Along this line, the Curriculum and Implementation Division (CID) will conduct the 3 – day Division Training Workshop on Common Topics of SHS Grade 11 & 12 for Non- MAPEH Major Teachers on November 27-29, 2019 at Lalaan Central School, Silang, Cavite from 8:00 A.M to 5:00 P.M .
3. The objectives of the training workshop are as follows:
 - Learn and understand the content and pedagogy in Grade 11 and 12 PE and Health curriculum
 - Demonstrates understanding of fitness and exercise in optimizing one's health as a habit; as requisite for physical activity assessment performance, and as a career opportunity
 - Understand sports in optimizing one's health as a habit; as requisite for physical activity assessment performance
 - Demonstrates understanding of dance in optimizing one's health
4. The participants are Grade 11 & 12 SHS Non- MAPEH Major Teachers, selected MAPEH Head Teachers/TIC, Function Based PSDS and selected Principals.
5. There will be no registration expenses for foods and materials. Expenses shall be charged against division HRTD Fund while transportation and other incidental expenses are charged against school MOOE subject to the usual accounting and auditing rules and regulations.



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6. Kindly refer to the enclosures for the list of SHS-NON MAPEH teachers/participants, activity flow and executive and working committee.
7. Immediate dissemination of this Memorandum is highly desired.


ROMMEL C. BAUSTISTA, CESO V
Schools Division Superintendent 



Training Content and Methodologies:

DAY 1 (November 27, 2019)		
TIME	TOPIC	Resource Speaker
6:00-8:00 am	Registration	
8:00- 9:00	Opening Program	
9:00- 9:30	Healthy Snacks	
9:30-10:00	Setting of Expectations Mechanics of the seminar	Dr. Helen B. Mendoza
10:00-11:00	Training Rationale and its Purpose	Dr. Joel Peregrino
11:00- 12:00	Pre-test on Content in PE and Health	
12:00-1:00	Healthy Lunch	
1:00-2:00	Exercise for Fitness Aerobic activities Muscle- and bone strengthening activities (resistance training)	Zanith Pulido Master Teacher ,MAPEH Major- TCNHS
2:00-3:00	Group Activity	Laureana Pulido Head Teacher, GMATHS
3:00-5:00	Group Presentation of Outputs	
OFFICER OF THE DAY	Alma Bago Celia Ambon	
DAY 2 (November 28 ,2019)		
TIME	TOPIC	Resource Speaker
7:00-7:30	MOL	
7:30-9:30	Sports a. Individual and Dual sports b. Team sport	Diana Umandap
9:30-10:00	Healthy Snacks	
10:00 – 12:00	Dance a. Traditional (folk and ethnic) b. Modern and contemporary c. Ballroom (recreational and competitive) d. Cheer dance e. Hip-hop/street dance f. Festival dance	Annie Vidallon MT, AMANHS
12:00-1:00	Healthy Lunch	
1:00-3:00	Group Activity	Flormina Aure Principal III, Aguado SHS
3:00-5:00	Group Presentation	



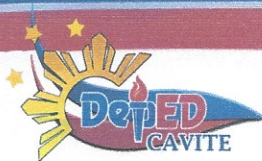
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OFFICER OF THE DAY	Magdalena Marges	
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DAY 3 (November 29, 2019)		
TIME	TOPIC	Resource Speaker
7:00-7:30	MOL	
7:30-8:30	Recreational Activities a. Aquatics b. Mountaineering (hiking, trekking, camping, orienteering)	Rachel A. Edcuid Master Teacher, SHS PE major Lumampong SHS Main
8:30 – 9:30	Healthy Snacks	
9:30 -12:00	DLL in PE and Health Workshop	Myra Bergunio MT, Cavite NSHS
12:00-1:00	Healthy Lunch	
1:00-2:30	Open Forum	
2:30-3:00	Post Test	Erlita Mandin Head Teacher, MAPEH AMANHS
3:00-5:00	Closing Program	
OFFICER OF THE DAY	Lenie Oliveros Maritess Andaleon	



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List of Management Staff with Corresponding Committee:

EXECUTIVE WORKING COMMITTEE

ROMMEL C. BAUTISTA
Schools Division Superintendent

ELIAS A. ALICAYA, JR. Ed.D.
Asst. Schools Division Superintendent

IVAN BRIAN INDUCTIVO
OIC- Asst. Schools Division Superintendent

ELPIDIA B. BERGADO, Ed.D.
Chief-Curriculum Implementation Division

DIANA P. TOPACIO, Ed.D.
OIC – Chief SGOD

HELEN B. MENDOZA ED.D.
EPS 1 – MAPEH

JOEL PEREGRINO, Ed.D.
PSDS – Municipality of Tanza

MARCOS RAMOS, Ed.D.
PSDS – Municipality of Mendez

EDGARDO AQUINO, Ed.D.
PSDS – Sports Coordinator



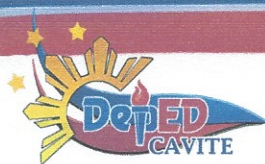
WORKING COMMITTEE

COMMITTEE		
Planning	Chairman Co- Chairman	Joel Peregrino Marcos Ramos
Program	Chairman Co- Chairman Member	Diane Liveta Lena Dela Cruz Ailene Sarmiento
Decoration/Accommodation	Chairman Co- Chairman Members	Eleuteria Pasiolan Nannette Fernandez Alvin Romen Selected TCNSHS Teachers
Registration	Chairman Co- Chairman	Adonna Ravago Celia Ambon
Food	Chairman Co- Chairman	Margarita Penus Jopay Gonzales
Documentation	Chairman Co- Chairman	Joan Pacatang Nedy Lopez
Certificates	Chairman Co- Chairman	Ghie Padua Jopay Gonzales
QATAME	Chairman	Allain Alvarez



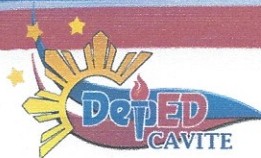
I. *List of Trainers*

Name of Trainer/s	Relevant Qualification	Topic Assignment
1.Zanith Pulido	Master Teacher ,MAPEH Major- TCNHS	Exercise for Fitness Aerobic activities Muscle- and bone strengthening activities (resistance training)
2.Diana Umandap	MAPEH Major AMANHS	Sports a. Individual and Dual sports b. Team sport
3.Annie Vidallon	Master Teacher OIC, MAPEH DEPT. AMANHS	Dance a. Traditional (folk and ethnic) b. Modern and contemporary c. Ballroom (recreational and competitive) d. Cheer dance e. Hip- hop/street dance f. Festival dance
4.Robert Austria	SHS Teacher PE major. Lumampong SHS Annex	Recreational Activities a. Aquatics b. Mountaineering (hiking, trekking, camping, orienteering)
5.Myra Bergunio	MT, Cavite NSHS	DLL in PE and Health



LIST OF PARTICIPANTS

DISTRICT	SCHOOL HEAD	TEACHER	SCHOOL
1. AMADEO	Esterlita Dolaire	Paul Casalme	Talon NHS
		Anna Shiela LLAnes	
	Rowena Campanano	Madel Bayas	Halang Banay banay NHS
		Minette Bayona	
	Rufina Cortez	Vanessa Vidallo	Amadeo NHS
		Liezl Fernando	
2. ALFONSO	Norielyn Francisco	April Joy Gestiada	Kaytitinga NHS
		Danica Dendiego	
		Mark Ryan Aure	Lucsuhin NHS
	Donnie Bataclan	Cristopher C. de Grano	Alfonso NHS
		Rochelle MArasigan	
3. BAILEN			GEA NHS
4. CARMONA	Rowena MAnapanoo	Jeanette Anonuevo	Angelo Levardo Loyola SHS
		Gladys de Mayo	
5. INDANG	Felinda E. Cruz		Lumampong NHS
		Robert Austria	Indang NHS/SHS
		Rina Perido	
		Rachel Edcuid	Lumampong NHSMain
6. GMA	Let Gealogo	Ernesto L Alfonso	San Jose Community HS
		Alexander Taralla	
	Laureana Pulido	Abemor Pascual	GMATHS
		Lorelyn Atienza	
7. KAWIT	Gelsie Garido	Carlo Belen	ETTMNHS
8. MAGALLANES	Aida R. Santiago	Joylyn Viana	Bendita NHS
		Jessie R. Vite	
9. MARAGONDON	Belinda C. Loyola	Myra Lyn T. Bergunio	Cavite NSHS
		Merry D. Garcia	
	Aurelia Dejan	Benjie E. Diroy	Bucal NHS
		Leopoldo Lasaleta Jr.	
			Pulo ni Sarah NHS

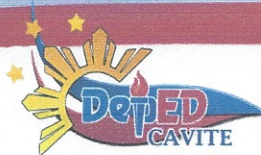


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10. MENDEZ	Liberty M. Flores	Jackie Lou M. Perena	PAASHS
		Celia Ambion	
	Anita Escobar	Karen A. Guanezo	Anuling NHS
11. NAIC	Mercy J de Borja	Kent Jun Petalbo	Naic NHS
12. NOVELETA	Edwin Lucero	Chermene Rizza Edena	Noveleta NHS
		Ma. Ildena Cuadro	
13. ROSARIO		Regie Pugay	Bagbag NHS
			Escuela Secundaria Senior de Silva
14. SILANG	Aurora Chavez	Jonas Castro	Munting Ilog NHS
		Rene Ramos	
	Flordeliza dela Rosa	Jeremy Joyce Barloa	Kalubcob NHS
		Roberto Narvaez	
	Laarnie Dollentes	Sheila Marie Hermoso	Lumil NHS
15. TAGAYTAY	Erwin Luciano	Roland John Visco	TCNSHS
		Novalinda Panganiban	
	Florencio Costa	Herbert A. Diokno	Tagaytay City NHS
		Gerico Narag	
			Tolentino NHS
16. TANZA	Luis Vinegas	Abegail Bobadilla	ASHI
		Elma Caycayuran	
	Rolando Dilidili	April Balmaceda	Tanza National Trade
		Gary Garcia	
	Joy Buendia	Christian Espineli	Tanza Comprehensive NHS
		Raul Almonia	
17. TERNATE	Vilma Felina	Ma. Ellaine Feranil	Ternate West NHS
		Lerio Tamayo	
	Lorena Miranda	Regine San Juan	Ternate NHS



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18. TRECE MARTIRES	April MAcam	Jerome Pascual	TMCSHS
		Lea Manlugon	
	Nenita Del Rosario	Ana Ramos	Francisco Osorio NHS
		Edward Crueseus	