



Republic of the Philippines
 Bangsamoro Autonomous Region in Muslim Mindanao
 Ministry of Basic, Higher and Technical Education
 Cotabato City



Office of the Minister

REGIONAL MEMORANDUM

No. 1189
 Series of 2022

Bangsamoro Autonomous Region in Muslim Mindanao
 Ministry of Basic, Higher and Technical Education
 OFFICE OF THE MINISTER

RELEASED

BY: [Signature]
 DATE: OCT 17 2022
 TIME: 9:15 A.M.
 Ctrl. No. 2022-10-072

TO : ALL SCHOOLS DIVISION SUPERINTENDENTS
 DIVISION SPORTS OFFICERS
 ALL OTHERS CONCERNED

FROM : [Signature] MOHAGHER M. IQBAL
 Minister



SUBJECT : WRITESHOP ON THE DEVELOPMENT OF PHYSICAL FITNESS TEST (PFT)
 MANUAL FOR BANGSAMORO LEARNERS

DATE : October 12, 2022

- Physical Fitness Test shall be used as a measure of the fitness level of learners and at the same time provide the basis for evaluating the effectiveness of the programs (PE Program, SPS, Sports Track, and Sports Club) in developing fitness and sports proficiency of learners.
- Physical Fitness is one of the key aims of the Physical Education Program in the K to 12 Basic Education Curriculum that must be incorporated and/or adopted in the Grades 4 to 10 curriculum. The administration and implementation of the testing program will be viewed as an integral part of the Physical Education and School Sports Programs.
- Consequently, a **Regional Writeshop on the Development of Physical Fitness (PFT) Manual for Bangsamoro Learners** will be conducted on **November 14-17, 2022** at Grand Summit Hotel, General Santos City.
- All schools division offices (SDO) may recommend two (2) participants, preferably the division sports officer and a writer for the training writeshop.
- Board and lodging will be arranged by the MBHTE-BPESD, while travel expenses of the division participants shall be charged to their division's local funds subject to the usual accounting and auditing rules and regulations.
- Should you have concerns or other inquiries, kindly contact Mr. Moctar M. Pandaca at mobile no. 0917-558-8406 or email moctar.pandaca@deped.gov.ph.
- For information and compliance.

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 INFORMATION AND COMMUNICATIONS DIVISION
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