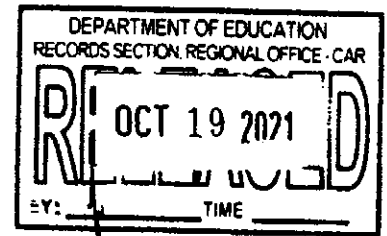




Republic of the Philippines  
**Department of Education**  
Cordillera Administrative Region



October 18, 2021

**REGIONAL MEMORANDUM**  
No. 488-2021

**CONDUCT OF PHYSICAL FITNESS TEST TO ESTABLISH A PHYSICAL FITNESS DATABASE OF ALL LEARNERS**

To: OIC-Assistant Regional Director  
Regional Office Division Chiefs  
Schools Division Superintendents  
Division Sports Officers  
All Others Concerned

1. Pursuant to DepEd Order No. 034, s. 2019, issuance of the Revised Physical Fitness (PFT) Manual, this Office reiterates the Conduct of Physical Fitness Test through any possible modality to all learners in elementary and secondary as part of an essential component in physical education and sports programs.
2. Since PFT is both a health and skills related activity, this will give our learners the opportunity to engage in physical exercises at this time when they needed them most amid the Covid-19 pandemic. Moreover, the information that will be derived from PFT's result will serve as basis for coaches, PE teachers and school health personnel for proper decision making for the learner's health and sports concerns.
3. The result of the tests for the first quarter shall be recorded, summarized and submitted on or before November 30, 2021 to their respective School Sports Coordinator and health personnel, with a soft copy to be sent to the email addresses of the following:
  - a. SDO's Sports Officers and Health Personnel,
  - b. SDO's MAPEH Supervisor,
  - c. RO's MAPEH Supervisor through [clmd.depedcar@gmail.com](mailto:clmd.depedcar@gmail.com), and
  - d. RO's Sports Officer and Health Section through [essd.depedcar@gmail.com](mailto:essd.depedcar@gmail.com).
4. For queries, you may contact ESSD through [essd.depecar@gmail.com](mailto:essd.depecar@gmail.com) or Edgar H. Madlaing, regional sports officer, through his mobile number 09993288973.



Address: Wangal, La Trinidad, Benguet, 2601  
Telephone No: (074) 422 - 1318 | Fax No.: (074) 422-4074  
Website: [www.depedcar.ph](http://www.depedcar.ph) | Email Address: [car@deped.gov.ph](mailto:car@deped.gov.ph)



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Republic of the Philippines  
**Department of Education**  
Cordillera Administrative Region

5. Immediate dissemination of and strict compliance with this Memorandum is directed.

**ESTELA LEON-CARIÑO EdD, CESO III**  
Director IV/ Regional Director

By the Authority of the Regional Director:

  
**FLORANTE E. VERGARA**  
Schools Division Superintendent  
Officer-In-Charge

Office of the Assistant Regional Director

Department of Education  
SCHOOLS DIVISION OFFICE  
Wangal, La Trinidad, Benguet

October 20, 2021

**TO: Chiefs, SGOD and CID, EPS, PSDS**  
**Public Elementary and Secondary School Heads**  
**All Others Concerned**

Inviting all School Heads, Sports Club Coordinators, Physical Education Teachers on the above aforementioned Regional Memorandum No. 488 s. 2021 as per DepEd Order No. 034 s. 20219 Re: conduct of Physical Fitness Test (PFT) to all learners in the elementary and secondary to be submitted to this office on or before November 30, 2021.

Immediate compliance is hereby enjoined!

  
**GLORIA B. BUAYA-AO**  
Schools Division Superintendent



Address: Wangal, La Trinidad, Benguet, 2601  
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