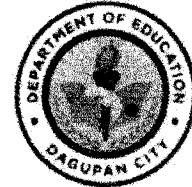
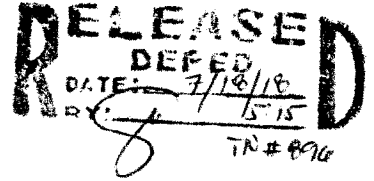


Republic of the Philippines  
**DEPARTMENT OF EDUCATION**  
Region I  
**SCHOOLS DIVISION OFFICE**  
DAGUPAN CITY



Division Memorandum  
No. 267 series 2018



To: Assistant Schools Division Superintendent  
Chiefs, CID & SGOD  
Public Schools District Supervisors  
Principals/School Heads of Public Elementary & Secondary Schools  
All Concerned

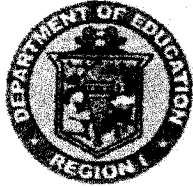
From: Office of the Schools Division Superintendent

Subject: DIVISION SEMINAR-WORKSHOP ON PROPER CONDUCT OF FLAG RAISING CEREMONIES AND PPFT

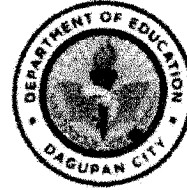
Date: July 18, 2018

1. SDO- Dagupan City will conduct a Division Seminar-Workshop on Proper Conduct of Flag Raising Ceremonies and PPFT on August 15-17, 2018 at Division Training Center.
2. Each school is encouraged to send one MAPEH teacher, preferably newly hired.
3. Technical working committee will have a meeting on July 25, 2018; 3:00 PM at DTC.
4. Immediate dissemination of this memorandum is desired.

  
DR. LORN G. BUGAYONG, CESO VI  
Schools Division Superintendent



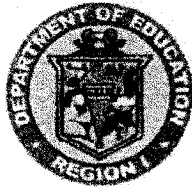
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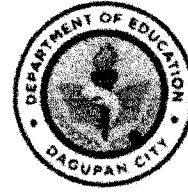
**TECHNICAL WORKING COMMITTEE**

<b>Role</b>	<b>Name of the Person</b>
<i>Program Manager</i>	SHERYL S. VILLACORTA
<i>Training Manager</i>	MITCHELLENE RIVO
<i>Class Manager</i>	GEORGE CASILANG ROMY DE GUZMAN CHESTER MARK MALAPIT ARIEL FERRERIA MARCIAL BAUTISTA
<i>Logistic Officer</i>	JANIS PALAGANAS
<i>Finance Officer</i>	HAZEL JOY DE LEON
<i>Welfare Officer</i>	MARIBEL DIOLZO
<i>Quality Assurance Officer</i>	ISAGANI ROSARIO

<b>Name of Trainers/Resource Speakers</b>	<b>Topic Assigned</b>
SHERYL S. VILLACORTA	National Anthem
MARIBEL S. DIOLAZO	Region 1 March
FREDERICK NARVAS	SDO-Dag. City March
JANN FRANCIS S. DIOLAZO	Balon Kabuasan
GERALD SALVATIERRA	Pilipinas Kong Mahal
MARLENE MINA	Dance Exercise
CARMELA BERNAL	Dance Exercise
TIFANNY KRISTINE FERMILL	Intro and components of BMI
JANIS PALAGANAS	3-Min. Step Test
MARCIAL BAUTISTA	Basic Plunk
ROMY DE GUZMAN	Zipper Test
CHESTER MARK V. MALAPIT	Push-Up
JOAQUIN REYES	Stick Drop Test
ARIEL FERRERIA	40 M Sprint
HAZEL JOY DE LEON	Sit and Reach
GEORGE CASILANG	Hexagon Agility Test
KRISTINE PASCUA	Juggling
RAQUEL RIOFERIO	Standing Long Jump
MELVIN CABALLERO	Stork Balance
LEE JASPER ALIPIO	Electronic PFT Reporting and Consolidation



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**DIVISION SEMINAR-WORKSHOP ON PROPER CONDUCT OF FLAG RAISING CEREMONIES AND PPFT**

**TRAINING MATRIX**

<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>
7:30-8:00 Registration  8:00-9:00 Opening Program   9:00-12:00 National Anthem Speaker: Sheryl S. Villacorta  Region 1 March Speaker: Maribel S. Diolazo	8:00-10:00 Division Dance Exercise Speakers: Marlene Mina Carmela Bernal  10:00-12:00 <b>PRACTICE            PERFORMANCE</b>	8:00-12:00 <b>3 MINUTE STEP TEST</b> Resource Speaker: Janis Palaganas  <b>BASIC PLUNK</b> Resource Speaker: Marcial Bautista  <b>ZIPPER TEST</b> Resource Speaker: Romy de Guzman  <b>PUSH-UP</b> Resource Speaker: Chester Mark Malapit  <b>STICK DROP TEST</b> Resource Speaker: Joaquin Reyes
1:00-5:00 Pilipinas Kong Mahal Balon Kabuasan Speakers: Jann Francis S. Diolazo Gerald C. Salvatierra  SDO- Dagupan March Speakers: Frederick C. Narvas	1:00-5:00 Introduction and Components of Physical Fitness PPFT Test Protocol Resource Speaker: Tiffany Kristine Fermill  Body Mass Index (BMI): Computation <b>ELECTRONIC PFT            REPORTING AND            CONSOLIDATION</b> Resource Speaker: Lee Jaspher Alipio	1:00-4:00 <b>40 M SPRINT</b> Resource Speaker: Ariel Fereria  <b>SIT AND REACH</b> Resource Speaker: Hazel Joy De Leon  <b>HEXAGON AGILITY TEST</b> Resource Speaker: George Casilang  <b>JUGGLING</b> Resource Speaker: Kristine Pascua  <b>STANDING LONG JUMP</b> Resource Speaker: Raquel Rioferio  <b>STORK BALANCE</b> Resource Speaker: Melvin Caballero  4:00-5:00 <b>CLOSING PROGRAM</b>