

REVISED PHYSICAL FITNESS TEST MANUAL

To:

Undersecretaries
Assistant Secretaries
Bureau and Service Directors
Regional Directors
Schools Division Superintendents
Public and Private Elementary and Secondary School Heads
All Others Concerned

1. The Department of Education (DepEd) issues the enclosed Revised Physical Fitness Tests (PFT) Manual for information and guidance of all elementary and secondary schools nationwide.
2. **Physical fitness** is crucial for well-being and active life. The total progress of an individual should be prioritized in terms of the physical, mental, emotional, social aspects and health through a comprehensive physical fitness program and assessment. The learners can only perform at the height of their performance when they are healthy and strong. Thus, the learners need to actively engage in lifelong habits of regular physical activities for their overall health improvement and quality of life.
3. Under the K to 12 Basic Education Curriculum, Physical Fitness is one of the major goals of the Physical Education Program and shall be incorporated/adopted in the curriculum from Grades 4 to 10. The administration and implementation of the testing program shall be treated as an essential component of the Physical Education and School Sports Programs from Grades 4 to 12.
4. The Physical Fitness Test (PFT) is a set of measures designed to determine a learner's level of physical fitness. It has two components Health Related and Skills Related Fitness.
5. The PFT shall be treated as an essential component of the Physical Education and School Sports Program, for the elementary (Grades 4, 5) and secondary levels. It shall be administered at the beginning of the first quarter and of the third quarter, to monitor improvement/progress.
6. The results of the tests shall be recorded, summarized, and submitted to the Bureau of Curriculum Development-Special Curricular Programs Division (BCD-SCPD) for evaluation, in coming up with the Philippine Physical Fitness Norms. Likewise, the schools, schools division and/or region are encouraged to do the same in their respective schools/schools divisions/regions to determine the learners' Physical Fitness Norms.
7. Learners who are 15 years old and above should answer the PAR-Q & YOU questionnaire before undertaking the tests in Enclosure No. 3.

Physical Fitness Test Manual

F Rizvi



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Table of Contents Physical Fitness Test Manual

1. Understanding the eBook Physical Fitness Test Manual
 - The Rise of Digital Reading Physical Fitness Test Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Physical Fitness Test Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Physical Fitness Test Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Physical Fitness Test Manual
 - Personalized Recommendations
 - Physical Fitness Test Manual User Reviews and Ratings
 - Physical Fitness Test Manual and Bestseller Lists
5. Accessing Physical Fitness Test Manual Free and Paid eBooks
 - Physical Fitness Test Manual Public Domain eBooks
 - Physical Fitness Test Manual eBook Subscription Services
 - Physical Fitness Test Manual Budget-Friendly Options
6. Navigating Physical Fitness Test Manual eBook Formats

- ePub, PDF, MOBI, and More
- Physical Fitness Test Manual Compatibility with Devices
- Physical Fitness Test Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Physical Fitness Test Manual
 - Highlighting and Note-Taking Physical Fitness Test Manual
 - Interactive Elements Physical Fitness Test Manual
- 8. Staying Engaged with Physical Fitness Test Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Physical Fitness Test Manual
- 9. Balancing eBooks and Physical Books Physical Fitness Test Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Physical Fitness Test Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Physical Fitness Test Manual
 - Setting Reading Goals Physical Fitness Test Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Physical Fitness Test Manual
 - Fact-Checking eBook Content of Physical Fitness Test Manual
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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