

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

N Colangelo



Physical Fitness Test Manual:

The Enigmatic Realm of **Physical Fitness Test Manual**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Physical Fitness Test Manual** a literary masterpiece penned by a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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