



Republic of the Philippines  
Department of Education

REGION IX, ZAMBOANGA PENINSULA

SCHOOLS DIVISION OF DAPITAN CITY

Office of the Schools Division Superintendent

November 16, 2022

**Division Memorandum**

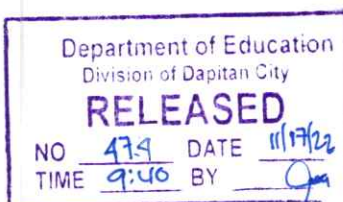
No. 474 s. 2022

To: All PSDSs, PICDs  
All Private and Public Elementary and Secondary School Heads  
All Physical Education Teachers  
This Division

1. Pursuant to DepEd Order No. 034, s. 2019, dated December 9, 2019, titled, "Revised Physical Fitness Test Manual, all private and public elementary and secondary schools are directed to submit the summarized tests for the First Quarter to the Bureau of Curriculum Development-Special Curricular Programs Division (BCD-SCPD), through the Curriculum Implementation Division of this Division on or before December 9, 2022.
2. The guidelines of the said Revised Physical Fitness Tests Manual is found in Enclosure 1 to DepEd Order No. 034, s. 2019.
3. The coverage of the said PFT is from Grade 4 to Grade 12 learners who are enrolled this school year.
4. The summarized PFT Report Form is found in enclosure 1 of this memorandum.
5. For further queries as to the Revised Physical Fitness Test Manual and the proper execution of the different tests, you can refer it with the Division MAPEH Supervisor Mr. Germanico C. Malacat @ 09355694573, or email @ [germanico.malacat@deped.gov.ph](mailto:germanico.malacat@deped.gov.ph).
6. Immediate dissemination and strict compliance with this memorandum is directed.

For the Schools Division Superintendent

**ROSALIO B. CONTURNO, JR. Ph.D.**  
OIC, Asst. Schools Division Superintendent  
Officer In-Charge  
Office of the Schools Division Superintendent



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Enclosure 1

Revised Physical Fitness Test, per Deped Order No. 034, s. 2019

School: \_\_\_\_\_

Grade Level: \_\_\_\_\_

Date: \_\_\_\_\_

SHEET 1

No.	Name of Learners (Male first in alphabetical order)	Age	height(cm)	weight(kg)	BMI	Classification	Zipper Test		Sit & Reach		Step Test		Push-up	
							Score	Interpretation	Score	Interpretation	Before	After	Score	Interpretation

Administered by: \_\_\_\_\_

Noted: \_\_\_\_\_

Physical Education Teacher \_\_\_\_\_

Department Head / School Principal \_\_\_\_\_

