

REPUBLIKA NG PILIPINAS
REPUBLIC OF THE PHILIPPINES
KAGAWARAN NG EDUKASYON, KULTURA AT ISPORTS
DEPARTMENT OF EDUCATION, CULTURE AND SPORTS
UL Complex, Meralco Avenue
Pasig, Metro Manila



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sa DECS*

October 7, 1997

DECS MEMORANDUM
No. 403, s. 1997

LOW INTENSITY DAILY EXERCISE FOR GRADES I TO IV PUPILS

To: Bureau Directors
Regional Directors
Schools Superintendents

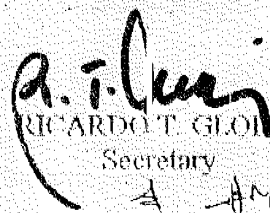
1. The Low Intensity Daily Exercise for Elementary Pupils is designed to provide exercise activities for elementary pupils that start with easy exercises and gradually increasing in intensity to improve the basic components of physical fitness such as cardiovascular endurance, muscular strength and endurance, and flexibility.
2. Selected pilot schools shall implement this activity on a three-month experimental basis. The pilot P.E. teacher shall administer and conduct pre- and post-physical fitness tests covering the physical fitness components mentioned above with the use of appropriate tests in the Physical Fitness Manual.
3. The regional and division offices shall monitor and consolidate the results which shall be the basis for evaluating the effectiveness of this activity.
4. The Bureau of Physical Education and School Sports (BPSS) shall provide the hand-out of the exercises and master tape to each division. The regional/division office may reproduce the tapes and materials.
5. Ms. Susan Mercado, President, Amateur Sport Aerobics Association of the Philippines, together with her associate and some BPSS staff shall conduct a one-day training for the selected pilot P.E. teachers per region. They shall likewise coordinate the implementation of the project. During said training, the group will also teach the basic steps of three (3) ballroom dances as intermission.

6. It is suggested that all regional offices shall provide a good sound system for the training. There shall be two (2) teacher-participant per division. Participants are requested to come in proper attire (rubber shoes, jogging pants/shorts).

7. The regional training program shall be scheduled and arranged by the regional offices and the same must be submitted to the BPSS Office on or before October 15, 1997.

8. Travel expenses of Ms. Mercado, her associate and the BPSS staff as well as the master tapes, one each per region and division, shall be charged against BPSS funds, while the regional training expenses shall be charged against local funds.

9. Immediate dissemination of this Memorandum to all concerned is desired.


RICARDO T. GLORIA
Secretary
A AMU

Reference:
None

Allotment: 1 -- (D.O. 50-97)

To be indicated in the Perpetual Index
under the following subjects:

- ATHLETICS
- OFFICIALS
- PUPILS
- SCHOOLS
- TEACHERS
- TRAINING PROGRAMS