

Republika ng Pilipinas  
(Republic of the Philippines)  
MINISTRI NG EDUKASYON, KULTURA AT ISPORTS  
(MINISTRY OF EDUCATION, CULTURE AND SPORTS)  
Maynila

August 26, 1985

MECS O R D E R  
No. 53, s. 1985

IMPLEMENTATION OF NATIONAL SPORTS PROGRAMS AND PROJECTS

To: Bureau Directors  
Regional Directors  
Schools Superintendents  
Presidents, State Colleges and Universities  
Heads of Private Schools, Colleges and Universities

1. Pursuant to the provisions of Executive Order No. 805 mandating this Ministry "to plan and implement an integrated program of physical fitness and amateur sports in the country, including both those in-school and out-of-school...", eight (8) major programs and twenty-eight (28) initial projects have been identified for implementation starting school year 1985-86. (Inclosure No. 1)

2. The procedure for implementation of these programs and projects are as follows:

a. Each school division, based on its perceived capability, shall prepare project proposals which shall be implemented for the current school year.

b. The regional offices shall evaluate the project proposals and endorse the same to the BSD for funding.

c. The BSD, within its available resources and subject to the approval of the Minister, shall allocate and sub-allot to the regions the financial support required for the implementation of the projects.

d. The regional offices shall, in turn, allocate the funds to the divisions.

e. In cases where funds sub-allotted by the BSD to the regions are not adequate, local funds shall be utilized to insure implementation of the projects.

f. Project monitoring and evaluation shall be done regularly by both the regional offices and BSD.

3. Recommended priority projects for the school year 1985-86 are the following:

a. Physical Fitness Testing, utilizing the new Philippine Physical Fitness Test;

b. Running - For Physical Fitness, (15 minutes for the elementary, 30 minutes for the intermediate, and 45-60 minutes for the secondary levels, at least three times a week on alternate days.) This also includes organization of 5K and 10K runs. A 15-minute run may be integrated into the physical education classes at the tertiary level.

c. Staging of Laro ng Lahi, folk dance and folk song festivals or the integration of laro ng lahi, folk dances and folk songs with school and community activities;

d. Volleyball and chess promotional and developmental activities at the intermediate and secondary levels, and in the community.

4. In order to achieve uniformity in the development of project proposals, the following format is recommended:

- I. Project Proponent (s)
- II. Project Title
- III. Project Objective(s)
- IV. Brief Outline and Schedule of Activities
- V. Financial Requirements

5. A sample project proposal is attached to illustrate the suggested format. (Inclosure No. 2)

6. Immediate dissemination of this Order is desired.

(SGD.) JAIME C. LAYA  
Minister

**Incls.:**

As stated

**Reference:**

None

Allotment: ~~1-2-3~~ (D.O. 1-76)

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

ATHLETICS

FUNDS

PROGRAM, SCHOOL

PROJECTS

SCHOOLS

PROGRAMS AND PROJECTS

Program One : Physical Education Curriculum Development

- Projects :
- 1.1 Elementary Physical Education Curriculum Development
  - 1.2 Secondary Physical Education Curriculum Development
  - 1.3 Tertiary Physical Education Curriculum Development
  - 1.4 Physical Education Teachers' Training Curriculum Development

Program Two : Physical Fitness Development

- Projects :
- 2.1 Physical Fitness Testing
  - 2.2 Physical Fitness Awards System
  - 2.3 Physical Fitness Information and Education Campaign
  - 2.4 Physical Fitness Parks

Program Three : Traditional Games and Cultural Revival

- Projects :
- 3.1 National Calisthenics
  - 3.2 Laro Ng Lahi
  - 3.3 Folk Song and Dance Festivals

Program Four : Barangay Sports

- Projects :
- 4.1 Mass Running
  - 4.2 Mass Chess
  - 4.3 Mass Rhythmic Gymnastics
  - 4.4 Mass Volleyball
  - 4.5 Popular Local Sports

Program Five : Youth Specialized Sports

- Projects :
- 5.1 Palarong Pampaaralan (MECS Palaro)
  - 5.2 ASEAN Schools and Universities Sports Championships
  - 5.3 Special Games for the Handicapped
  - 5.4 Sports Exchange

1985

1986

MONTH	JULY	AUGUST	SEPT.	OCT.	NOV.	DEC.	JAN.	FEB.	MARCH	APRIL	MAY	JUNE
WEEK	<u>1 2 3 4</u>	<u>1 2 3 4</u>	<u>1 2 3 4</u>	<u>1 2 3 4</u>	<u>1 2 3 4</u>	<u>1 2 3 4</u>	<u>1 2 3 4</u>	<u>1 2 3 4</u>	<u>1 2 3 4</u>	<u>1 2 3 4</u>	<u>1 2 3 4</u>	<u>1 2 3 4</u>

ACTIVITIES

ORGANIZATIONAL MEETINGS - - - - - x31 \*

TRAINING OF TESTING TEAMS - - - - - x31 \*

PREPARATION OF TEST MATERIALS - - - - - x21 \*

PREPARATION OF TESTING SCHEDULES - - - - - x21 \*

TESTING OF SUBJECTS - - - - - SEPTEMBER 2nd - 20th DECEMBER x

COLLECTION OF DATA - - - - - x27 \*

CONSTRUCTION OF PERCENTILE NORMS - - - - - x21 \*

SUBMISSION OF REPORT TO BSD AT BSD - - - - - x31 \*

COLLATION OF NATIONAL DATA - - - - - xAPRILx

PUBLICATION OF NATIONAL TEST MANUAL - - - - - xMAYx

\* deadline

Sample Project Proposal

I. Project Proponents: Division XYZ

Project Director: Superintendent Juan de la Cruz

Assistant Project Director: Asst. Supt. Juana Santos

Project Staff: Mario Corpuz  
Manuela Bermudez  
Josefa Gomez  
Andres Santos  
Moises Sanchez  
Juno Perez  
Ramil Cruz  
Reynaldo Aquino

Project Consultants: Rene Serna - Statistician  
Bernardo Corpuz

II. Project Title: Physical Fitness Testing of 8- to 29- Year Old Youths in the Division of XYZ

III. Project Objectives:

A. To administer the Philippine Physical Fitness Test to a sample of male and female subjects in the following age-groups:

1. 8 years old (male and female)
2. 9 years old (male and female)
3. 10 years old (male and female)
4. 11 years old (male and female)
5. 12 years old (male and female)
6. 13 years old (male and female)
7. 14 years old (male and female)
8. 15 years old (male and female)
9. 16 years old (male and female)
10. 17 years old (male and female)
11. 18-19 years old (male and female)
12. 20-24 years old (male and female)
13. 25-29 years old (male and female)

B. To construct percentile norms from the test data for the 13 age-groups identified.

IV. Schedule of Activities

V. Financial Requirements (Sample only)

<u>Activities/Item</u>	<u>Cost/Item</u>	<u>Total Cost</u>
Meetings	20 pax at P15.00 each x 5 mtgs.	P 1,500.00
Supplies/Materials	P2,000.00	2,000.00
Transportation	P2,000.00	2,000.00
Meal Allowances/Honoraria	20 pax at P200.00 each	4,000.00
		<u>P 9,500.00</u>
	Plus: 10% Contingency	950.00
		<u>P10,450.00</u>

Program Six : Sports Infrastructure Development and Management

- Projects : 6.1 All-weather track Ovals  
6.2 Facilities Management Package

Program Seven : Sports Equipment Industry Development

- Projects : 7.1 Local Sports Equipment Standardization and  
Promotion  
7.2 Local Sports Equipment Legislation  
7.3 Sports Equipment Dispersal System

Program Eight : Sports Manpower Development

- Projects : 8.1 Physical Education Teachers Scholarship  
Grant  
8.2 Expansion of the Marcos Sports Academy  
(MASA)  
8.3 Sports Library