



REPUBLIC OF THE PHILIPPINES
DEPARTMENT OF EDUCATION, CULTURE AND SPORTS
Meralco Avenue, Pasig, Metro Manila

OFFICE OF THE SECRETARY

October 24, 1996

DECS O R D E R
No. 76, s. 1996

IMPLEMENTING GUIDELINES FOR DECS ORDER NO. 35, S. 1996
(Revised BPSS Program)

To: Undersecretaries and Assistant Secretaries
Bureau Directors
Regional Directors
Schools Superintendents
Presidents, State Colleges and Universities

1. DECS Order No. 35, s. 1996 provides a simple formula to achieve sports excellence among elementary and high school students and at the same time provides talented and potential athletes the opportunity to grow and develop during their ten-year stay in school. The main components of the revised BPSS Sports Program are the following:

- a. Organization of varsity team in all the 47,000 elementary and high schools all over the country;
- b. Increased time of PE classes;
- c. Conduct of more competitions through the Home and Away Games;
- d. Relevant management and support services, including establishment of Provincial and Regional Sports High Schools or Centers for Sports Excellence; and
- e. Principal Empowerment and Coordinating Sports Committees at different levels.

2. To facilitate immediate implementation, the main components of the DECS Order are translated into Programs and Projects with specific guidelines. (Please see Annexes A and B).

3. The responsible key officials to implement the programs and projects are the schools superintendents and the school principals or head teachers. Together with the other members of the Sports Committees to be organized at the different levels, they shall serve as the Governing Head. The DECS Central Office, BPSS, BSE, BEE, regional and division offices and all other offices shall provide the necessary administrative and technical support to the new program.

4. All other issuances contrary to the provisions of this Order are hereby deemed rescinded.

5. For immediate compliance.

R. Gloria
RICARDO T. GLORIA
Secretary
AG

Incls.:
As stated

Reference:
DECS Order: (No. 35, s. 1996)

Allotment: 1-2--(M.O. 1-87)

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

- ✓ ATHLETICS
- ✓ BUREAUS & OFFICES
- ✓ PROGRAM, SCHOOL
- ✓ SCHOOLS

(Inclosure to DECS Order 76, s. 1996)

REVISED DECS SPORTS PROGRAM

POLICY STATEMENT

The Revised DECS Sports Program as per DECS Order No. 35, s. 1996 aims to improve and widen the scope of the programme for Physical Education and Sports in the elementary and secondary schools. It is based on the universal principle that "Sports is For All" and is in consonance with the constitutional provision on sports development. To implement this programme, the DECS adopts the following policies:

1. All educational institutions shall provide all students the opportunities for regular sports participations in order to develop health, physical fitness and values inherent in the practice of sports.
2. To achieve sports excellence and to produce future champions, playing time and number of competitions shall be increased.
3. The Physical Education Curriculum shall be revised to include more sports and related activities.
4. The Department shall professionalize sports management and provide more support services.
5. The School Principal, Head Teacher or School Teacher In-Charge is empowered to manage and implement at his/her level the following:
 - 5.1 Increase the time of Physical Education classes from 30 minutes per week to 120 minutes per week.
 - 5.2 Prepare the schedule of PE classes.
 - 5.3 Apply team teaching in MAPE and PEHM e.g., A sports talented teacher may be assigned to teach PE only and should not be required to teach Music if he/she has no skills in teaching the subject matter and vice-versa.

The three (3) main programs and twelve (12) identified projects which shall operationalize the new DECS Sports Programs are the following:

ANNEX A

PROGRAM

PROJECT

PROGRAM I
SPORTS FOUNDATION
DEVELOPMENT

1. Sports Curriculum Development
2. Coordinating Sports Committees
3. Junior and Senior Varsity Teams in Athletics and other Sports in all Schools
4. Home and Away Games

PROGRAM II
SPORTS MANAGEMENT
DEVELOPMENT

5. Sports Data Bank
6. Sports Facilities and Equipment Standardization
7. Standardization of Operation of the Palarong Pambansa, Home and Away Games and ASEAN Schools Technical Operations

PROGRAM III
SPORTS SUPPORT SERVICES
DEVELOPMENT

8. Sports Coaches and Officiating Officials Training/Seminars
9. Sports Instructional Materials and Equipment
10. Sports Exchange and Scholarship
11. Provincial and Regional Sports High School
12. Sports Advocacy

| Grade I | Grade II | Grade III | Grade IV | Grade V | Grade VI |
|---|----------|-----------|--|--|----------------------|
| G. Sports | | Athletics | | | |
| Simple Games Skills | | | Soccer or Sipa Any two of the ff. | Basketball Volleyball | Softball Baseball |
| | | | T. Tennis Badminton LL Baseball Softball Chess Volleyball | Plus any of the ff. T. Tennis Sepak T. Swimming | |
| H. Special Activities (Environmental, Cultural) | | | | | |

SPORTS IN SECONDARY LEVEL

| 1st | 2nd | 3rd | 4th |
|-----------------------------|------------------------------------|-------------------|----------------------|
| Physical Fitness/Gymnastics | | | |
| | Laro Ng Lahi | | |
| <u>Dances</u> Phil. Folk | Phil. Folk with Spanish Influences | Asian Folk Dances | Other Foreign Dances |
| <u>Sports</u> | | | |
| Athletics | | | |
| Basketball | Softball | Sepak Takraw | Sports |
| Volleyball | Baseball | Taekwondo | Officiating |
| Badminton | Lawn Tennis | Archery | |
| Table Tennis | | Boxing | Sports |
| Arnis | | | Management |

IMPLEMENTING GUIDELINES PER PROGRAM PROJECT

PROGRAM I SPORTS FOUNDATION DEVELOPMENT

The Program aims to expand and widen the base for future athletes in the regular PE classes so that every student will learn the basic skills in at least one individual/dual sport and one team sport with the expectation that after graduating from the elementary and the high school, the student shall have been exposed to at least four sports, with the necessary values and skills that may ensure lifetime interest and participation in sports. For the identified potential and talented athletes who will compose the junior and senior varsity teams, they will be given the opportunities to compete/perform in higher levels of competitions.

To achieve the objectives of the program, the following projects shall be undertaken:

Project 1 SPORTS CURRICULUM DEVELOPMENT

- 1.1 Physical Education is a broad subject. Aside from sports, it includes dances, rhythmic, recreation and outdoor activities. In this revised program, emphasis in PE will be on sports which are promoted in the Palarong Pambansa. Sports activities shall be increasingly given more focus as the grade/year level progresses.
- 1.2 The content of the curriculum shall be the sports prescribed in the existing PERC for Elementary and in the Revised Secondary Education Curriculum for PEHM in High School. In addition, any two (2) of the sports events listed are to be taught in Grades IV - VI and in First to Third Year High School. Thus:

SPORTS IN ELEMENTARY LEVEL

| Grade I | Grade II | Grade III | Grade IV | Grade V | Grade VI |
|---|----------|-----------|----------|---------|----------|
| A. Physical Fitness (Testing and Interpretation of Results) | | | | | |
| B. Body Management | | | | | |
| C. Movement Education (Fundamental Movements, the Teaching of Elements) | | | | | |
| D. Gymnastics | | | | | |
| E. Games | | | | | |
| F. Rhythm and Dances (Philippine Folk and Foreign Dances) | | | | | |

Project 2 ORGANIZATION OF SPORTS COORDINATING COMMITTEE

The Sports Coordinating Committee at different levels shall serve as governing board whose functions are as follows:

- 2.1 Organization, implementation and coordination of the programs and projects.
- 2.2 Monitoring and evaluation
- 2.3 Fund raising

The composition of the Sports Coordinating Committee at different levels is the following:

NATIONAL LEVEL

| | | |
|---|---|----------|
| DECS Secretary | - | Chair |
| DECS Undersecretary for BPSS | - | Co-Chair |
| BPSS, BEF and BSE Directors | - | Members |
| President, Regional Directors | - | Member |
| President, Phil. Assn. of Schools Supt. | - | Member |
| President, Elem. & Sec. School Principals | - | Member |
| 3 Representatives - Private, Civic and Business Sectors | - | Member |

REGIONAL LEVEL

| | | |
|---------------------------------------|---|----------|
| Regional Director | - | Chair |
| Head, Regional Development Council | - | Co-Chair |
| Assistant Regional Director | - | Member |
| PESS Division Chief | - | Member |
| Elementary Education Division Chief | - | Member |
| Secondary Education Division Chief | - | Member |
| President, Superintendent Association | - | Member |
| PNP Regional Commander | - | Member |

PROVINCIAL LEVEL

| | | |
|---|---|----------|
| Provincial Governor/City Mayor | - | Chair |
| Schools Division Superintendent | - | Co-Chair |
| Division PESS/PE/PEHM Supervisor | - | Member |
| NGO Representative (Civic Business Sector) | - | Member |
| Provincial/City PNP Director | - | Member |
| Provincial/City Sports Coordinator | - | Member |
| Outstanding Coach | - | Member |

MUNICIPAL LEVEL

| | | |
|--|---|----------|
| Municipal Mayor | - | Chair |
| District Supervisor | - | Co-Chair |
| One (1) Elem./Sec. Principal | - | Member |
| One (1) District PESS Coordinator | - | Member |
| One (1) Sanggunian Member In-Charge of Youth & Sports | - | Member |
| Sangguniang Kabataan Chairman | - | Member |

BARANGAY LEVEL

| | | |
|------------------------------|---|----------|
| Barangay Captain | - | Chair |
| Principal/Head Teacher | - | Co-Chair |
| One (1) Elem. PE Teacher | - | Member |
| One (1) Secondary PE Teacher | - | Member |
| One (1) SK Member | - | Member |
| One (1) NGO Representative | - | Member |

Project 3 JUNIOR AND SENIOR VARSITY TEAMS IN ATHLETICS AND OTHER SPORTS IN ALL SCHOOLS

3.1 Athletics or Track and Field

3.1.1 All elementary and high schools shall organize and institutionalize senior and junior varsity teams in athletics. The school principal or head teacher shall be responsible for its implementation.

3.1.2 Composition of the senior and junior varsity teams shall be based on the performances of students during class competitions/try-outs during the start of the school year.

3.1.3 Practice of the teams shall be during PE time and may be extended during co-curricular/off class periods, Saturdays, Sundays and holidays.

3.1.4 The school principal shall assign the coach for the senior and junior varsity teams. A coach may be a teacher or a volunteer from the community. For teachers, coaching shall be considered a teaching load and shall be equivalent to teaching hours.

3.1.5 The school principal shall be responsible for the needed venue, facility, equipment, logistics and incentives. The safety and health of the students must be primary considerations.

3.2 Other Sports

3.2.1 All schools shall also organize Senior and Junior Varsity teams in one or more of the following sports;

For the Elementary:

Swimming
Football
Volleyball
Baseball
Tennis
Sipa/Sepak Takraw
Chess
Table Tennis

For the Secondary:

All sports included in the Elementary plus those promoted in the Palarong Pambansa and ASEAN Schools, e.g.
Taekwondo
Badminton
Archery
Softball
Basketball
Boxing

3.2.2 Coaching load shall be considered a teaching load and shall be equivalent to teaching time. A reduction of two (2) teaching periods shall be granted per coaching load.

Project 4 HOME AND AWAY GAMES

4.1 Schools District Supervisors shall schedule home and away inter-school games in their respective districts in coordination with the school Principals and Head Teachers.

4.2 The School District Supervisor/Coordinating Principals/Congressional District Chairman shall organize a Coordinating Sports Committee composed of Mayor, Principals/Head Teachers and District PESS Coordinator/Sangguniang Member and Sangguniang Kabataan Chairman that shall coordinate inter-school competitions and provide documentation of results. The Coordinating Sports Committee should also designate a lead coach (a teacher knowledgeable in a particular sport and who will promote and propagate this sport) for the district.

4.3 The games shall be conducted at the start of the school year, scheduled preferably during off class sessions, Saturdays, Sundays and Holidays. The BPESS, Regional and Division PESS Supervisors/District PESS Coordinators shall supervise/monitor and provide technical assistance in the conduct of Home and Away Games in all schools divisions. DECS personnel rendering services during these days shall be entitled to service credits.

- 4.4 Expenses for the conduct of home and away games shall be charged to any available local funds, i.e., PTA, Civic Organization, Local School Board, Sports Council or proceeds from fund raising, etc.
- 4.5 All schools shall submit a report to the Superintendents through the PESS Supervisors on the following:
 - 4.5.1 In Athletics and Swimming (measurable sports) - Quarterly Ranking of students (please see attached form)
 - 4.5.2 Incentives - The Principal shall announce/issue certificate of recognition to the top performers during Flag Ceremony and publish it in the school paper and on bulletin board.
 - 4.5.3 Team Games - Quarterly report of Home and Away Games (please see attached form)

PROGRAM II SPORTS MANAGEMENT DEVELOPMENT
(Sports Modernization Program)

Sports Management Development aims to improve management of games and the level of athletic performances through standardization of inputs and operating procedures. The 1993 edition of the Palaro Manual shall be revised to serve as the guide book in the conduct of Palaro games/competitions including the Home and Away Games.

Project 5.1 SPORTS DATA BANK

- 5.1 The sports data bank shall be established in the national, regional, schools divisions, district and schools offices where sports records and information can readily be accessible. It shall consist mainly of:
 - *athletes records
 - *PE teachers, coaches and officiating officials records
 - *Physical Fitness data
 - *PE Curriculum content
 - *Sports equipment and facilities
 - *Instructional materials
 - *Legal issuances and other relevant documents
- 5.2 Sample of data gathering forms are in the Annex.

Project 6 SPORTS FACILITIES AND EQUIPMENT

- 6.1 A manual that contains the list of sports equipment needed for every sports with appropriate specifications shall be furnished to all schools in order to standardize purchases of sports equipment.
- 6.2 The manual shall also contain the directory of sports suppliers including the prices, brands and specifications of the sports supplies they carry.
- 6.3 The manual shall also include diagram of playing courts and equipment, with standard measurements of all sports facilities.

Project 7 STANDARDIZATION OF OPERATIONAL GUIDELINES OF THE PALARONG PAMBANSA AND THE ASEAN SCHOOLS CHAMPIONSHIP

- 7.1 The Standard Operational Guidelines of the Palarong Pambansa are embodied in DECS Order No. ____, s. 1996.
- 7.2 Winning athletes in the Palaro shall be selected to train for participation in international competitions particularly the ASEAN Schools Sports and Asian Schools Sports Federation Championships.
- 7.3 The same selected athletes in 7.2 shall compose the participating team of the DECS to any national games such as the PNG and National Open.
- 7.4 International Rule Books in each sports shall be issued to all schools.

PROGRAM III SPORTS SUPPORT SERVICES DEVELOPMENT

This program aims to upgrade the competence of coaches and officiating officials in all sports being played in the Palaro. It will also include the provision of instructional materials and sports manuals for Physical Education teachers. Scholarship and Exchange Programs for coaches and game officials shall also be explored for further development of human resources.

Project 8 SPORTS COACHES AND OFFICIATING OFFICIALS TRAININGS/SEMINARS

8.1 Recognition, Accreditation and Selection of Palarong Pambansa and Preliminary Meets Technical Officials

8.1.1 Accredited Technical Officials by International Sports Associations are recognized by the DECS and maybe assigned to officiate in DECS sports competitions.

8.1.2 DECS accredited technical officials who are accredited by their respective NSA and International Associations are the priority in the assignment of officiating officials in DECS sports competitions.

8.1.3 DECS accredited officiating officials who were not accredited by NSAs or International Associations maybe assigned to officiate in the Palarong Pambansa provided they rendered outstanding performance during the pre-Palaro meets, Regional, Provincial, District and Intramurals.

8.1.4 In sports that DECS do not have accredited technical officials, the services of NSAs shall be requested.

8.1.5 Coaches shall be recognized and classified according to the level of competition he had reached; eq. national, regional and provincial/city.

8.2 Development of Sports Officiating Officials

Officiating officials shall have passed the accreditation processes of the BPESS in coordination with the PSC and NSA's. Officiating officials accredited by other sports entities shall be recognized by the school system and may be assigned to handle DECS sports on a case to case basis.

The BPESS shall conduct a 3 Phase Program for the development of officiating officials in all Palaro events.

Phase I - National Training of National/Regional Trainers in Officiating in Palaro Sports

Selection/Accreditation of Competent National and Regional Trainers for Game Officials shall be undertaken after this training.

Phase II - Regional/Division Seminar-Workshops

Successful candidates in Phase I shall conduct seminar-workshops for game officials in all divisions of their respective region with assistance from BPSS staff/PSC/NSA's.

Phase III - National Accreditation of Game Officials

BPSS shall conduct a seminar-workshop for national accreditation of game officials in all Palara sports to develop/enhance the technical manpower of the Palarong Pambansa and other DECS-sponsored games.

Phase III, due to constant changes of games rules advancement courses shall be conducted regularly on a national level

- 8.1 Development of Coaches - Natural ability is the promise of potentials while fundamentals are the foundation of excellence. This is very true specially in sports. Our young students with talents in sports would never reach excellence in performance without the proper guidance from knowledgeable coaches.

The BPSS shall conduct national seminar-workshop for coaches in all sports being played in the Palarong Pambansa. The objective of this activity is to prepare these coaches in teaching the concept and the basics of coaching to the new, young and upcoming coaches in the field, both from the elementary and secondary levels.

Project 9 SPORTS INSTRUCTIONAL MATERIALS AND EQUIPMENT

- 9.1 The BPSS shall prepare and print simplified instructional materials and manuals for coaches, players and Physical Education teachers in order to standardize instructions and interpretations of the results of games.
- 9.2 Private sponsorships shall be solicited/encouraged to augment the cost of printing of instructional requirements for teaching PE and sports, coaching and officiating, e.g., Rule Books, Sports Fundamentals for each sports.
- 9.3 Additional budget for the purchase of equipment needed for the program shall be proposed for legislation.
- 9.4 Local Government units and other government agencies shall be encouraged to support the acquisition of sports equipment for the schools.

Project 10 SPORTS EXCHANGE AND SCHOLARSHIP

The BPESS shall coordinate with the embassies of the different sports power countries to explore the possibilities of:

- 10.1 Sending outstanding local coaches and game officials abroad for studies and training.
- 10.2 Inviting foreign sports specialists to conduct seminars for our local coaches and game officials.

Project 11 DESIGNATION OF PROVINCIAL AND REGIONAL SPORTS HIGH SCHOOLS

A provincial and regional sports high school is any high school designated by the Regional Director for the purpose of housing, training and providing special educational attention to the best athletes of the region. Sports High School shall be organized at the city/provincial level.

The guidelines for the designation of Provincial and Regional Sports High Schools are as follows:

- 11.1 The Provincial and Regional Sports High Schools shall serve as the Regional Development and Training Pool of athletes for the DECS.
- 11.2 The Provincial and Regional Sports High Schools shall be the existing high schools near a functional sports complex. The region may designate one or more sports high schools depending on the needs and capability of that region.
- 11.3 The Regional Office in coordination with local government units, sports councils, private sectors, shall underwrite the requirements for the project, which includes:
 - 11.3.1 board and lodging
 - 11.3.2 sports equipment
 - 11.3.3 playing uniforms
 - 11.3.4 training allowances
 - 11.3.5 medical services
 - 11.3.6 insurance
- 11.4 Selection of athletes shall be based on previous performances in DECS-sponsored sanctioned competitions. The Regional PESS Division shall provide technical assistance in the selection of athlete-scholars. The training and other technical requirements of the sports high school shall be under the responsibility of the Regional PESS Divisions.

- 11.5 The curriculum of the Sports High School shall be the same as that of the regular high school, however, emphasis shall be given to the sports training of the student-athletes. The trainings shall be scheduled during off class hours.
- 11.6 The best coaches in the region may be transferred to the Sports High School and shall be given the same or more incentives as those of the athlete-scholars. In the case of lack of competent coaches, the BPESS may deploy coaches/specialists to assist the local talents.
- 11.7 Student-athletes may be dropped from the rolls and returned to their original school in case of misbehavior and non-improvement in their performances.

Project 12 SPORTS ADVOCACY AND INFORMATION DISSEMINATION

- 12.1 The DPSS shall conduct PE and Sports Advocacy and information dissemination activities in the national, regional and division levels.
- 12.2 The mass information drives shall be through mass media and holding of mass meetings/conferences/seminars/fora, etc. The activities lined up shall be:

12.2.1 Media Drive

Press releases shall be issued periodically spotlighting the principles and implementing strategies of DECS Order No. 35. There shall be Press Conferences to be conducted periodically.

12.2.2 Mass Meeting

* National Convention - to be attended by DECS Regional PESS Division Chiefs, Regional and Division PESS Supervisors, Schools Division Superintendents, NGOs, business sector, National PTA, National Sports Councils/Associations.

* Division Conferences - to be conducted by the DECS Division Offices and attended by District Supervisors, Principals, PESS Coordinators, NGOs, business sector, Division PTA, Division Sports Councils/Associations.

12.2.3 Caravan - to be spearheaded by the BPESS Advocacy Teams