



April 2, 2018

DIVISION OF CITY SCHOOLS
MARIKINA



DIVISION MEMORANDUM

**SDO-MARIKINA TEACHING
AND NON- TEACHING SUMMER SPORTS FEST 2018**

TO: Chief Education Supervisors, CID and SGOD
Elementary and Secondary School Principals
Officers-in-Charge
Public Schools

SDO Marikina will hold its 2018 Summer Sports and Wellness Fest for Teaching and Non-Teaching employees, the date and venue will be announced later.

This activity aims to:

- promote MAPEH as an integral part of the basic education curriculum for hebetetic development not only of the youth but also of the mentor of the youth.
- discuss potential leaders, coaches, trainers not only in MAPEH but in other subject area.
- use integrate MAPEH activities or strategic in teaching the subject.
- discover pool of coaches who will handle athletes to maximize their full potential.

Attached is a copy of the matrix.

Schools are advised to submit the copy of the attendance of the said activity.

Immediate and wide dissemination of the memo in desired


SHERYLL T. GAYOLA
Officer-In-Charge

Office of the Schools Division Superintendent

SDO- Marikina City
 _____ ELEMENTARY SCHOOL
 TEACHING AND NON- TEACHING SPORTSFEST 2018

Time	Day 1	Day 2	Day 3
	Opening Program		
7:30-8:00	National Anthem/ Prayer Rationale	Community Zumba Using Sports movement	Community Zumba: Using Sports movement
8:00-9:00	Input : Integration of Sports Skills in Individual's wellness Primary Components of Fitness (Cardiorespiratory capacity Muscular capacity Flexibility Body composition)	Simultaneous competition Arnis Ahtletics	Simultaneous competition Gymnastics Sipa
9:00-10:00	Activity : Identification of talents/ skills	Badminton Basketball	Swimming taekwondo
10:00-11:00	Friendly competition through Sportsfest annis, badminton, table tennis, taekwondo	Football	volleyball
11:00-12:00			
12:00-1:00	LUNCH	LUNCH	LUNCH
1:00 -2:00	Input : Importance of Sports Skills in Disaster Preparedness Sport and Physical Activity in Post-Disaster Intervention		
2:00-3:00			Closing Program/ Awarding of Winners
3:00-4:00			Race Competition
4:00-5:00	Activity: Friendly competition through Sportsfest swimming, athletics volleyball, basketball, gymnastic	Assimilation & Evaluation & Making of Action Plan	in
5:00-6:00			Going Home
6:00:7:00			
Facilitator/s			