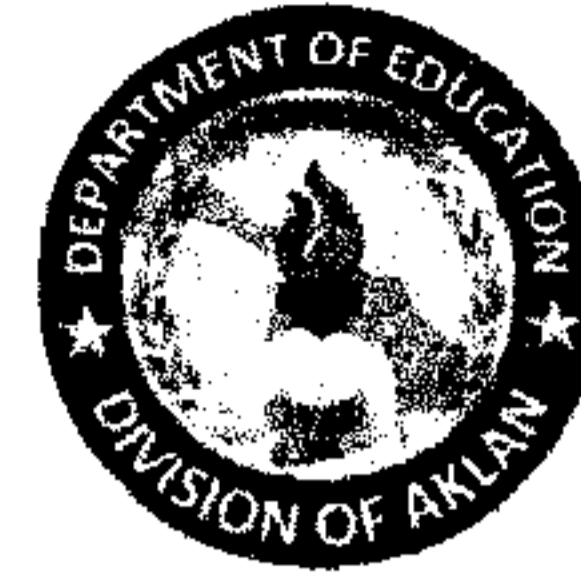




Department of Education
Region VI – Western Visayas
DIVISION OF AKLAN
Kalibo, Aklan



May 3, 2018

DIVISION MEMORANDUM
No. 24, s. 2018

PHYSICAL FITNESS PROGRAM "GREAT FILIPINO WORKOUT"

To: **Chief Education Supervisors**
Education Program Supervisors
Division GAD Focal Point System
Public Schools District Supervisors
Principals-In-Charge of the District
Head Teacher In-Charge of the District
Heads of Public and Private Elementary,
Secondary and Integrated Schools
All others concerned

1. Pursuant to the Civil Service Commission (CSC) Memorandum Circular No. 6, s. 1995, all agencies are required to adopt "The Great Filipino Workout."
2. The Great Filipino Workout is the physical fitness project in furtherance of the national policy of "Sports-For-all." It is designed to inculcate the importance of a healthy lifestyle and a regimen of regular physical fitness activities as a strategy to reduce the level of risk factor of heart diseases.
3. In this connection, all public and private schools, district offices and division office shall:
 - a. Allot a reasonable time for weekly physical fitness exercise, consistent with CSC Memorandum Circular No. 38, s. 1992;
 - b. Include reasonable period of time for physical fitness exercises by all participants in seminars, training courses and similar occasions; and
 - c. Adopt appropriate plans for continuing physical fitness and sports activities for its officials and employees.

"May katawhayan ag kalipayn sa among mga escuelahan."

4. All public and private school heads shall submit an Action Plan for SY 2018-2019 and the District Office should consolidate the schools' report using the attached format. Reports should be submitted to the Division Office on or before May 25, 2018, attention: Mr. Roland F. Democrito, Education Program Specialist II-HRDS/Division GAD/Child Protection Coordinator.
5. Immediate dissemination of this Memorandum is strongly desired.


Dr. SALVADOR O. OCHAVO, Jr., CESO VI
Schools Division Superintendent

Encl: As stated

References: CSC MC No. 38 s. 1992

CSC MC No. 6, s. 1995

CSC MC No. 8, s. 2011

Allotment: 1-5 (R.O. 12, s. 1994)

To be indicated in the Perpetual Index

Under the following subjects:

**HEALTH EDUCATION
SCHOOLS**

**POLICY
SEMINARS**

**PUPILS
STUDENTS**

**RUES AND REGULATIONS
TEACHERS**

/RFD

“May katawhayan ag kalipayn sa among mga escuelahan.”

Enclosure No. 1

SCHOOL ACTION PLAN ON "GREAT FILIPINO WORKOUT"
SY 2018-2019

Activity/ies	Time Frame	Persons Involved

Prepared by:

School Head

DISTRICT CONSOLIDATED REPORT ON "GREAT FILIPINO WORKOUT"
SY 2018-2019

District: _____

Name of School	Activities	Time Frame	Persons Involved

Submitted by:

PSDS/PID/HTID

"May katawhayan ag kalipayn sa among mga escuelahan."