



Republic of the Philippines
Department of Education

NATIONAL CAPITAL REGION
SCHOOLS DIVISION OFFICE OF MUNTINLUPA CITY

Office of the Schools Division
Superintendent

JUL 03 2025

MEMORANDUM

No. 315 , s. 2025

**INVITATION TO PARTICIPATE IN THE NATIONAL WORKSHOP ON THE PFT-
LMS AND K-G4 PHYSICAL MANUAL**

To: OIC – Assistant Schools Division Superintendent
Chief Education Supervisor, Curriculum Implementation Division
Chief Education Supervisor, School Governance and Operations Division
Public and Private Elementary and Secondary School Heads/OICs
Administrative Officer V
All Others Concerned

1. Attached is Regional Letter No. 108 s. 2025, dated June 26, 2025, on the above-captioned title, the contents of which are self-explanatory, for the information and guidance of all concerned.
2. Immediate and wide dissemination of this Memorandum is desired.


VIOLETA M. GONZALES

Assistant Schools Division Superintendent
Officer-In-Charge
Office of the Schools Division Superintendent

Reference:

To be indicated in the Perpetual Index under the following subjects

SCHOOLS PROGRAMS TEACHERS ATHLETES

ECE/ INVITATION TO PARTICIPATE IN THE NATIONAL WORKSHOP ON THE PFT-LMS AND K-G4 PHYSICAL
315 MANUAL

NUM-2025-315 July 1, 2025



Republic of the Philippines
Department of Education
NATIONAL CAPITAL REGION

JUN 27 2025

June 26, 2025

RECEIVED BY:
Concepcion - 11:20am
MARLON A. SALONGA
SDO-MUNTINLUPA (RECORDS UNIT)

To: **School Division Superintendents**

Dear Sirs/Mesdames:

Attached is a letter from Prof. JESUS D. ARGARIN, Innovator, PFT-LMS, President, International Association of Physical Education and Sports Incorporated inviting the participation of MAPEH teachers and supervisors to attend the Free Training Workshop on the PFT-LMS and K to G4 Physical Fitness Manual on July 31, 2025 at the University of Makati contents of which are self-explanatory for information and appropriate action.

Very truly yours,

JOCELYN DR ANDAYA
Regional Director, NCR
Concurrent Officer-in-Charge, Office of the
Assistant Secretary for Operations

Regional Letter No. 108, s. 2025



6 Misamis St., Bago Bantay, Quezon City
Email Address: ncr@deped.gov.ph
Website: <http://www.depedncr.com.ph>



452

822



MARITA AQUINO <marita.aquino@deped.gov.ph>

Invitation to Participate in the National Workshop on the PFT-LMS

6 messages

MARITA AQUINO <marita.aquino@deped.gov.ph>
To: "prof.argarin@gmail.com" <prof.argarin@gmail.com>

Wed, Jun 25, 2025 at 8:08 AM

Sir,

This is to ask if the said activity is free for DepEd participants, we appreciate it if you could reply immediately.

Thank you very much.

MARITA D. AQUINO
EPS, CLMD

Jess Argarin <prof.argarin@gmail.com>
To: MARITA AQUINO <marita.aquino@deped.gov.ph>

Wed, Jun 25, 2025 at 3:28 PM

Yes ma'am, this free with 5 points CPD credit, but you need to Log in to the Google form to be sent to all MAPEH supervisor po. We have requirements to bring po-like gadgets and WiFi data during the workshop, then the e-certificate will be given to after evaluation.

[Quoted text hidden]

[Quoted text hidden]

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Jess Argarin <prof.argarin@gmail.com>
To: MARITA AQUINO <marita.aquino@deped.gov.ph>

Wed, Jun 25, 2025 at 3:29 PM

By the way ma'am what SDO po kayo?

[Quoted text hidden]

MARITA AQUINO <marita.aquino@deped.gov.ph>
To: Jess Argarin <prof.argarin@gmail.com>

Wed, Jun 25, 2025 at 3:31 PM

I am from the CLMD of NCR regional office

[Quoted text hidden]

Jess Argarin <prof.argarin@gmail.com>
To: MARITA AQUINO <marita.aquino@deped.gov.ph>

Wed, Jun 25, 2025 at 4:14 PM

Thank you for the information ma'am., Hope to see you soon.

Kind regards,

[Quoted text hidden]

Jess Argarin <prof.argarin@gmail.com>
To: MARITA AQUINO <marita.aquino@deped.gov.ph>

Wed, Jun 25, 2025 at 9:16 PM



International Association of Physical Education and Sports Incorporated
COTR no. 598087889-365571001 SEC Reg. No. 2023010082718-05 TIN No. 010-726-223
Bang Phut Sub-district, Pak Kret District, Nonthaburi, Thailand, Nonthaburi
Dr Jose P. Rizal Ext, West Rembo, Taguig, Metro Manila, Philippines
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PRC Accreditation No. PTR-2023-414
CPD Group London Accreditation No. 779413
CPD Certification Service UK Accreditation No. 355732GNWA

June 6, 2025

Dr. Jocelyn DR. Andaya
Director IV, DepEd – National Capital Region
Department of Education – NCR
Meralco Avenue, Pasig City

Subject: *Invitation to Participate in the National Workshop on the PFT-LMS and K–G4 Physical Fitness Manual*

Dear Dr. Andaya,

Greetings of health and innovation!

We are pleased to formally invite the Department of Education – NCR, through your esteemed office, to participate in a National Workshop entitled:

"Empowering 21st Century Physical Education: National Workshop on the PFT-LMS and K–G4 Physical Fitness Manual Implementation"

This initiative is led by Prof. Jesus D. Argarin, LPT, Ph.D., innovator of the Physical Fitness Test Learning Management System (PFT-LMS) and proponent of the K–G4 Physical Fitness Manual. This program supports the goals of DepEd Orders No. 34 and 82, as well as UNESCO's Quality Physical Education Framework, and the digitization of health monitoring in basic education.

The workshop aims to:

- Train MAPEH teachers in the digital implementation of physical fitness testing through the PFT-LMS (Grades 5–12)
- Equip K to Grade 4 teachers with age-appropriate, developmentally aligned manual testing strategies
- Demonstrate real-time data analysis, feedback, and gamified engagement
- Strengthen school-wide planning and reporting for PE

We respectfully request your endorsement of 16 NCR MAPEH Supervisors (1 per division) and select pilot school representatives to attend this 2-day capacity-building event. It will feature demonstrations, system simulations, and planning sessions designed to enhance compliance, data quality, and learner motivation.

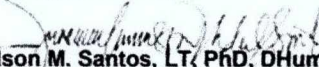
Proposed Date/Venue: July 31, 2025, at the University of Makati, JP Rizal Extension, West Rembo, Taguig City
Certificates of Participation and implementation materials will be provided.

Should you require further details or a proposal packet, we would be glad to furnish them. We look forward to your positive response and continued support for physical education transformation.

We look forward to your favorable response and participation.

With respect and anticipation,


Prof. Jesus D. Argarin, LPT Ph. D.
Innovator, PFT-LMS
President, International Association of Physical Education and Sports Incorporated
Email: prof.argarin@gmail.com Mobile: 09565124144


Prof. Sri Jewelson M. Santos, LT, PhD, DHum, D.Litt., CPSS, FCCT,
Chairman, International Association of Physical Education and Sports Incorporated