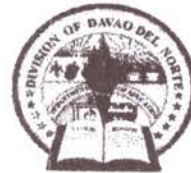




DEPARTMENT OF EDUCATION
Region XI
DIVISION OF DAVAO DEL NORTE
Tagum City
Mankilam, Tagum City
Tel.No. (084) 216-6506 Fax No.(084) 216-6497



DIVISION MEMORANDUM

TO : ALL PSDS/DCPs
Secondary School Heads both Public and Private

RE : Division Physical Fitness Test Consolidation Report (PPFT)



DATE : April 28, 2016

Please be informed that all District/Cluster MAPEH Coordinators shall submit a **CONSOLIDATION REPORT** on the Philippine Physical Fitness Test (PPFT) for the SY 2015-2016 Pre & Post Tests on or before May 2, 2016.

Attached is the template of the above-mentioned report.

Immediate dissemination of this memorandum is desired.

For and in the absence of the Schools Division Superintendent:


DR. MEDOS O. JALA
Education Program Supervisor
In-Charge of the Division 



PHYSICAL FITNESS TEST CONSOLIDATION REPORT

Name of School: _____ SY: _____

District/Cluster: _____

NAME OF STUDENTS	CARDIOVASCULAR ENDURANCE		MUSCULAR ENDURANCE				FLEXIBILITY				BODY COMPOSITION (BMI)		SPEED		POWER		BALANCE				REACTION TIME		RI		
	3-Minute Step		PUSH-UP		PLANK		ZIPPER TEST		SIT & REACH		(BMI)				2ND TRIAL		RIGHT		LEFT		MIDDLE SCORES				
	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post			
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Prepared by: _____ Noted: _____

PSDS/Cluster Head