



Republic of the Philippines
 Department of Education
 CARAGA Administrative Region
SCHOOLS DIVISION OF SURIGAO CITY
 Surigao City



DIVISION TRAINING OF TEACHERS ON THE K TO 10 CRITICAL CONTENT IN PHYSICAL EDUCATION AND HEALTH

December 9-11, 2019

Philippine Gateway Hotel

TIME/DATE	Day 1 November 9, 2019	Day 2 November 10, 2019	Day 3 November 11, 2019
7:45-8:00	REGISTRATION	MOL	MOL
8:00-9:00	OPENING PROGRAM		
9:00-9:30	Pre Test		
9:30-10:00	Parallel Session 1: Competence on HE (Communicable and Non-Communicable Diseases) Tessie C. Dolores	Parallel Session 5: Competence on HE Mental Health Rowena C. Salas	Parallel Session 9: Competencies on PE (Rhythm and Dance-Philippine Folk Dance) Charity C. Dela Cruz
10:00-12:00	Parallel Session 2: Injury Prevention, Safety and First Aid Flaire Sybil P. Kitano	Parallel Session 6: Competencies on PE (Movement Skills) Lilibeth P. Conde	Parallel Session 9: Competencies on PE (Rhythm and Dance-Ballet/Contemporary) Irish Geongo
12:00-1:00	LUNCHBREAK	LUNCHBREAK	LUNCHBREAK
1:00-2:00	Parallel Session 3: Competencies on HE (Family Health) Lilibeth P. Conde	Parallel Session 7: Competencies on PE (Games and Sports) Tessie C. Dolores	DANCE REHEARSALS
2:00-3:00			
3:00-4:00	Parallel Session 4: Competencies on HE 9 (Basic Preventive Drug Education and Substance Use) Charity C. Dela Cruz	Parallel Session 8: Competencies on PE (Physical Fitness) Flaire Sybil P. Kitano	Post Test
4:00-5:00			CLOSING PROGRAM
Officers of the Day	Lilibeth P. Conde	Charity C. Dela Cruz	Flaire Sybil P. Kitano

Prepared by:


 TESSIE C. DOLORES, PhD
 Education Program Supervisor in MAPEH