



Republic of the Philippines  
**Department of Education**  
REGION VII - CENTRAL VISAYAS  
DIVISION OF CITY SCHOOLS - TAGBILARAN CITY

**Office of the Schools  
Division Superintendent**

July 7, 2025

DIVISION MEMORANDUM

No. 404 s. 2025

**NCPEP FIT-FUN CONFERENCE 2025**

To: Assistant Schools Division Superintendent  
Chiefs CID and SGOD  
Public Elementary and Secondary School Principals  
Public Elementary and Secondary School MAPEH Coordinators  
All Others Concerned

1. The National Council for Physical Education of the Philippines, Inc., (NCPEP), will conduct the NCPEP Fit-Fun Conference 2025 on August 22-24, 2025, at Antique Vocational School.
2. Participation to this activity is on Official Time only.
3. For details, please see attached enclosures.
4. Immediate dissemination of, and compliance with this Memorandum are directed.

For the SDS:

**WILFREDA D. BONGALOS PhD, CESO V**  
Schools Division Superintendent

  
**JOHN ARIEL A. LAGURA PhD**  
OIC, Assistant Schools Division Superintendent

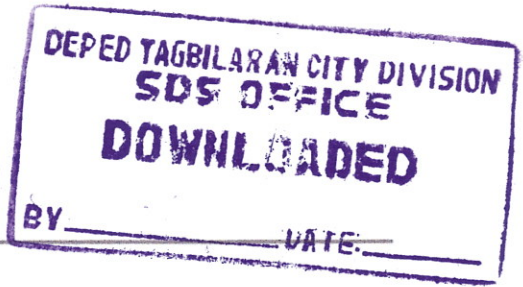
WDB/JAAL/CID/JTB/aal



H. Zamora St., Dampas, Tagbilaran City, Bohol  
(038)427-1702; (038)427-2506  
tagbilarancity.division@deped.gov.ph



Republic of the Philippines  
Department of Education  
REGION VII - CENTRAL VISAYAS



Office of the Regional Director

**REGIONAL MEMORANDUM**

No. 0593 s. 2025

20 JUN 2025

**NCPEP FIT-FUN CONFERENCE 2025**

To: Schools Division Superintendents  
Assistant Schools Division Superintendents  
All Others Concerned

1. The National Council for Physical Educators of the Philippines, Inc. (NCPEP), will conduct the NCPEP Fit-Fun Conference 2025 on August 22-24, 2025, at Antique Vocational School.
2. Participation in the said activity is subject to the discretion and approval of the Schools Division Superintendents.
3. For details, please see attached enclosures.
4. Immediate dissemination of, and compliance with this Memorandum are directed.

**SALUSTIANO T. JIMENEZ JD, EdD, CESO III**  
Director IV  
Regional Director

STJ/FYA/CLMD/EBE1/jpe



Doña M. Gaisano St., Sudlon, Lahug, Cebu City  
Telephone Number: 639773295904 local 700

DepEd Tayo Region VII

[region7.deped.gov.ph](http://region7.deped.gov.ph)





### OFFICERS

**Geraldine Cachola-Minas**  
Founder/ Chairman

**Anna Lou M. Carreon**  
President

**Jhan Mari J. Tan**  
Vice President

**Dane Ryan R. Maturan**  
Treasurer

**Princess Anne Mendoza**  
Secretary

### BOARD DIRECTORS

**Dr. Lordinio A. Vergara**

**Dr. Ma. Elisa Cruz**

**Ms. Marivic C. Tolitol**

**Dr. Jun C. Alave**

### FOCAL PERSON

**Dr. Heildenberg Dumarucot**

**Mr. Alvin George Cobar**

**Dr. Jerrwin Aguinaldo**

**Dr. Joana Marie Carina M. Gabunilas**

**Mr. Gicel Roger B. Salvilla**

### CORE GROUP

**Federico R. Arzadon Jr.**

**Justin Julian Cachola**

**Norlito R. Frias**

**Alliah Faulin P. Bondoc**

**Liwen Aisiah C. Glnogo**

**Elleza Sol A. Alday**

### CONSULTANT

**Marie Fe Cachola**



Contact us:

09074051876

09915442731

ncpep2016@gmail.com

Blk 38 Lot 8 Caloocan City



## NATIONAL COUNCIL FOR PHYSICAL EDUCATORS OF THE PHILIPPINES (NCPEP) INC.

June 14, 2025

**DR. SALUSTIANO T. JIMENEZ**

Regional Director

Office of the Regional Director

Department of Education—Regional Office 7

Sudlon, Lahug, Cebu City

Sir:

Greetings!

The National Council for Physical Educators of the Philippines, Inc. (NCPEP) is excited to present the much-anticipated NCPEP Fit-Fun Conference 2025, which will be held face-to-face from August 22 to 24, 2025, at Antique Vocational School.

With the theme, "Move to the Beat: Mastering the Rhythm of Dance and Exercise," this national conference aims to strengthen the implementation of Physical Education and Sports programs under the revised K to 12 curriculum, particularly in the areas of Movement Competency, Rhythmic Activities, Dance, and Fitness. The event is designed to align with DepEd's goal of enhancing 21st-century skills and promoting physical literacy, well-being, and inclusive education.

Recognizing the role of Physical Education and Sports in achieving the United Nations Sustainable Development Goals (SDGs)—particularly those related to health, education, and gender equality—the conference will feature the following components:

- hands-on MAPEH Revised K to 12 Training aligned with new curriculum standards;
- expert-led workshops and lectures focusing on dance, movement, and exercise pedagogy;
- capacity-building for P.E. professionals to integrate inclusive, engaging, and evidence-based practices into their instruction; and
- discussions on the social, environmental, and economic contributions of sports and physical activity in schools and communities.

The conference is open to P.E. and sports teachers, coordinators, supervisors, principals, and graduate students. Given its direct relevance to the revised K to 12 curriculum and the continuing professional development of our educators, we kindly request your good office to issue an official regional memorandum or advisory allowing participants to attend on official time, subject to existing DepEd rules and regulations.

Attached herewith are the official conference communication and the 3-day program for your review and reference.

Thank you very much for your unwavering support in advancing the professional growth of our educators and promoting quality physical education across the region.

Respectfully yours,

**Anna Lou M. Carreon**

NCPEP President

152025 - 15202

JUN 17 2025

*Jim*



### OFFICERS

**Geraldine Cachola-Minas**  
Founder/ Chairman

**Anna Lou M. Carreon**  
President

**Jhan Mari J. Tan**  
Vice President

**Dane Ryan R. Maturan**  
Treasurer

**Princess Anne Mendoza**  
Secretary

### BOARD DIRECTORS

**Dr. Lordinio A. Vergara**

**Dr. Ma. Elisa Cruz**

**Ms. Marivic C. Tolitol**

**Dr. Jun C. Alave**

### FOCAL PERSON

**Dr. Heildenberg Dumarucot**

**Mr. Alvin George Cobar**

**Dr. Jerrwin Aguinaldo**

**Dr. Joana Marie Carina M. Gabunilas**

**Mr. Gicel Roger B. Salvilla**

### CORE GROUP

**Federico R. Arzadon Jr.**

**Justin Julian Cachola**

**Norlito R. Frias**

**Alliah Faulin P. Bondoc**

**Liwen Aisah C. Gungo**

**Elleza Sol A. Alday**

### CONSULTANT

**Marie Fe Cachola**



Contact us:

09074051876  
09915442731

ncpep2016@gmail.com

Blk 38 Lot 8 Caloocan City



## NATIONAL COUNCIL FOR PHYSICAL EDUCATORS OF THE PHILIPPINES (NCPEP) INC.

**FIT-FUN Conference 2025**

*"Move to the Beat: Mastering the Rhythm of Dance and Exercise"*

**August 22 to 24, 2025**

Day 1 (Aug 22, 2025)		
Facilitators: Jhan Mari Tan and Princess Anne Mendoza		
08:00am-9:00am	Registration	
09:00-9:30 am	Opening Program	NCPEP
9:30-10:30 am	Functional Exercise	Dr. Jerrwin A. Aguinaldo De La Salle University
10:30 am - 12:00 nn	"Sayaw Pilipinas: Dance Heritage Fitness" Session 1	Dr. Jun Alave Paranaque National High School/PUP
12:00 nn - 1:30 pm	Lunch Break	
1:30 - 3:30 pm	Session 2	Dr. Jun C. Alave Paranaque National High School/PUP
3:30 - 4:00 pm	Snacks	
4:00 - 5:00 pm	Dance Workshop 1	
Day 2 (Aug 23, 2025)		
Facilitators: Anna Lou M. Carreon/ Federico R. Arzadon Jr.		
08:00 am-9:00 am	Different Genre of Dance Aerobics for PE Class/ Workshop Session 1	Mr. Gicel Roger B. Salvilla Polytechnic University of the Philippines
9:00am-10:00	Workshop Session 2	
10:00 am-10:30am	Health Break	
10:30-12:00 nn	Social Ballroom dancing for PE class	Dr. Ferdie T. Lubis Polytechnic University of the Philippines
12:00-1:30 pm	Lunch Break	
1:30- 3:30 pm	Workshop	
3:30 -4:00 pm	Snacks	
3:30-5:00	Circuit Training	Dr. Joana Marie Carina M. Gabunilas/ Dr. Geraldine Minas Polytechnic University of the Philippines
Day 3 (Aug 24, 2025)		
Facilitators: Geraldine C. Minas/ Justin Julian Cachola		
8:00 -9:00am	Ingress/Recap	
09:00- 12:00 nn	Conditioning Exercise	Mr. Dane Ryan Maturan Accredited Coach Level 2 Aer Gymnastics Caybigo HS  Ms. Jhan Mari Tan Accredited Coach Level 3 Aer Gymnastics
12:00-1:30 pm	Lunch Break	
1:30- 3:30 pm	Output Presentation	Participants
3:30-4:00	Snacks	
4:00-5:00	Closing Program Awarding of Certificates	



### OFFICERS

**Geraldine Cachola-Minas**  
Founder/ Chairman

**Anna Lou M. Carreon**  
President

**Jhan Mari J. Tan**  
Vice President

**Dane Ryan R. Maturan**  
Treasurer

**Princess Anne Mendoza**  
Secretary

### BOARD DIRECTORS

**Dr. Lordinio A. Vergara**

**Dr. Ma. Elsa Cruz**

**Ms. Marivic C. Tolitol**

**Dr. Jun C. Alave**

### FOCAL PERSON

**Dr. Heildenberg Dumarucot**

**Mr. Alvin George Cobar**

**Dr. Jerrwin Aguinaldo**

**Dr. Joana Marie Carina M.**

**Gabunilas**

**Mr. Gicel Roger B. Salvilla**

### CORE GROUP

**Federico R. Arzadon Jr.**

**Justin Julian Cachola**

**Norlito R. Frias**

**Alliah Faulin Bondoc**

**Liwen Aisiah Glinogo**

**Elleza Alday**

### CONSULTANT

**Marie Fe Cachola**



Contact us:

09074051876

09915442731

ncpep2016@gmail.com

Blk 38 Lot 8 Caloocan City



## NATIONAL COUNCIL FOR PHYSICAL EDUCATORS OF THE PHILIPPINES (NCPEP) INC.

**FIT-FUN Conference 2025**

*"Move to the Beat: Mastering the Rhythm of Dance and Exercise"*

August 22 to 24, 2025

Payment:

	Member	Non-Member
<b>EARLY BIRD</b>		
April 1, 2025- May 15, 2025	Php 3,500.00	4,000.00
May 16, 2025 - July 15, 2025	Php 4,000.00	4,500.00
<b>REGULAR REGISTRATION</b>		
July 16, 2025-August 20, 2025	4,500.00.00	5,000.00

Bank: Land Bank of the Philippines

Branch: A. Mabini St. Poblacion Caloocan City

Account Name: NATIONAL COUNCIL FOR PHYSICAL EDUCATORS OF THE PHILIPPINES (NCPEP), INC.

Account Number: 2911074527

GCASH # 09620780636 Princess Mendoza

QR Registration Form: <https://bit.ly/4leZ9QR>



### Inclusions:

The registration cost includes lunch and afternoon snacks for the three-day conference and kits containing a PATHFIT 3 book (for the first 50 registrants), seminar ID, certificates of participation, e-handouts, attendance, and completion for those who participate in and complete the workshop activities.