



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

**Office of the Schools Division  
Superintendent**

October 14, 2026

DIVISION MEMORANDUM  
No. \_\_\_\_\_ s. 2026

**7<sup>th</sup> INTERNATIONAL SEMINAR WORKSHOP PROGRAM  
IN PHYSICAL EDUCATION**

- To: Assistant Schools Division Superintendent  
Chief CID and SGOD  
Public and Private Elementary and Secondary School Principals  
Public and Private Elementary and Secondary School MAPEH Coordinators  
All Others Concerned
1. This Office through the Curriculum Implementation Division hereby disseminates the communication received from Anthony M. Penaso, PhD, President, Bohol Island State University inviting interested participants in the 7<sup>th</sup> International Seminar-Workshop in PE with the theme: "Unity in Motion: Fostering Collaboration in Dance Sports, Wellness and Research" on November 6-8 st BISU, Tagbilaran City, Bohol.
  2. The Seminar-Workshop aims to bring together Physical Education Educators and Practitioners through lectures, workshops, research sessions and demonstrations featuring local and international resource speakers.
  3. The Seminar-Workshop is sponsored by the Physical Educators Association of the Philippines, INC. (PEAP) in partnership with Bohol Island State University.
  4. Attached in this memorandum are the Program of Activities, Activity Matrix, and list of Officers for easy reference. For inquiries, please contact Dr. Vivencio. alixtro Jr. @ 0926-607-5754 or at [calixtro.vivencio@bisu.edu.ph](mailto:calixtro.vivencio@bisu.edu.ph).
  5. Immediate dissemination of and compliance with this Memorandum is desired.

**For the SDS:**

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

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



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

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## Invitation Letter for the 7th International Seminar-Workshop in PE

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**From** Vivencio Calixtro <calixtro.vivencio@bisu.edu.ph>

**Date** Mon 10/5/2026 4:56 PM

**To** TAGBILARANCITY DIVISION <tagbilarancity.division@deped.gov.ph>

 2 attachments (15 MB)

Letter to City Division.pdf; 7TH PEAP INTERNATIONAL SEMINAR-WORKSHOP PROGRAM (5).pdf;

You don't often get email from calixtro.vivencio@bisu.edu.ph. [Learn why this is important](#)

Dear Dr. Bongalos:

Greetings of Peace!

The Physical Educators Association of the Philippines, Inc. (PEAP), in partnership with Bohol Island State University (BISU), will hold the 7th International Seminar-Workshop with the theme "Unity in Motion: Fostering International Collaboration in Dance, Sports, Wellness, and Research" on November 6–8, 2026, at BISU, Tagbilaran City, Bohol.

The event will bring together Physical Education educators and practitioners through lectures, workshops, research sessions, and demonstrations featuring local and international resource speakers.

In this regard, we respectfully request your support in endorsing and disseminating this invitation to Physical Education practitioners within the Division of City Schools–Tagbilaran City.

Attached are the Program of Activities, Activity Matrix, and List of Officers for your reference. For inquiries, please contact Dr. Vivencio L. Calixtro, Jr. at 0926 607 5754 or [calixtro.vivencio@bisu.edu.ph](mailto:calixtro.vivencio@bisu.edu.ph).

Thank you very much for your kind support and assistance. We look forward to your favorable response.



VIVENCIO L. CALIXTRO, JR., LPT, EdD  
Assistant Professor IV  
Bohol Island State University





Republic of the Philippines  
**BOHOL ISLAND STATE UNIVERSITY**  
CPG North Avenue, Tagbilaran City, 6300, Bohol, Philippines  
Office of the University President  
*Balance | Integrity | Stewardship | Uprightness*



October 5, 2026

**WILFREDA D. BONGALOS, PhD, CESO V**

Schools Division Superintendent  
Division of City Schools–Tagbilaran City  
Tagbilaran City, Bohol

Dear Dr. Bongalos:

Greetings of Peace!

The *Physical Educators Association of the Philippines, Inc. (PEAP)*, in partnership with *Bohol Island State University (BISU)*, will conduct the **7th International Seminar-Workshop** with the theme: **“Unity in Motion: Fostering International Collaboration in Dance, Sports, Wellness, and Research.”** This international seminar-workshop aims to provide educators with innovative platforms and strategies for the effective teaching of Physical Education. Specifically, it seeks to enhance participants' knowledge and competencies in sports, dance, fitness, wellness, and research, thereby contributing to the continuous improvement of the teaching-learning process through various pedagogical approaches and instructional modalities.

The seminar-workshop will be held on **November 6–8, 2026**, at *Bohol Island State University, Tagbilaran City, Bohol*. The three-day event will feature lectures, workshops, research sessions, sports and dance demonstrations, keynote presentations, lecture-demonstrations, and culminating activities showcasing the participants' acquired skills, learning experiences, and best practices. Distinguished local and international resource speakers will share their expertise on contemporary pedagogical methods, innovative teaching approaches, wellness education, and research development in Physical Education.

In this regard, we respectfully request the support of your good office through the endorsement and dissemination of this information to Physical Education practitioners within the *Division of City Schools–Tagbilaran City*. Your support will greatly contribute to increasing participation and fostering stronger professional collaboration among educators within the city and throughout the country.

Attached herewith are the program of activities, activity matrix, and list of officers for your reference and consideration. Should you require any additional information or clarification, please do not hesitate to contact our focal person, *Dr. Vivencio L. Calixtro, Jr.*, of Bohol Island State University, Tagbilaran City, Bohol, at 0926 607 5754 or via email at [calixtro.vivencio@bisu.edu.ph](mailto:calixtro.vivencio@bisu.edu.ph).



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We sincerely hope for your favorable response to this request. Your support and assistance will be highly appreciated. Thank you very much, and more power!

Sincerely Yours,

Digitally signed by Penaso Anthony Makinano  
DN: cn=Penaso Anthony Makinano,  
serialNumber=010A3000E15, ou=Office of the  
President, o=Bohol Island State University, c=PH  
Date: 2026.10.05 15:37:24 +08'00'

**ANTHONY M. PENASO, PhD**  
President  
Bohol Island State University



## PHYSICAL EDUCATORS ASSOCIATION OF THE PHILIPPINES, INC. (PEAP)

NOV. 6-8 | 2026

# 7<sup>th</sup> INTERNATIONAL SEMINAR - WORKSHOP

### THEME:

"UNITY IN MOTION: FOSTERING INTERNATIONAL COLLABORATION IN DANCE, SPORTS, WELLNESS, AND RESEARCH"

In Partnership with:



BOHOL ISLAND STATE UNIVERSITY, TAGBILARAN CITY, BOHOL

#OneTeam, OneGoal

### *Officers-*

|                         |                          |
|-------------------------|--------------------------|
| PRESIDENT               | Estela F. Diaz, Ed.D     |
| VP FOR INTERNAL AFFAIRS | Eileen Marie C. De Leon  |
| VP FOR EXTERNAL AFFAIRS | Conrado S. Contreras Jr. |
| SECRETARY               | Sharon Buraga-Mejia      |
| TREASURER               | Marifal R. Mulli         |

|                         |                               |
|-------------------------|-------------------------------|
| PROGRAM CHAIRPERSONS    | Prof. Eileen Marie C. De Leon |
|                         | Dr. Girlie L. Valeroso        |
| CO-PROGRAM CHAIRPERSON  | Prof. John Benedict D. Ibañez |
| SECRETARIAT             | Prof. Sharon Buraga-Mejia     |
| FINANCE COMMITTEE       | Prof. Marifal R. Mulli        |
| EVALUATION COMMITTEE    | Prof. Rommel Tibbe            |
|                         | Prof. Bryan Infing            |
| DOCUMENTATION COMMITTEE | Dr. Jose Pabalan III          |
|                         | Prof. Jasmin L. Abdulhamid    |
| TECHNICAL COMMITTEE     | Prof. Irma L. Escobita        |
|                         | Dr. Lady Vi Mae P. Turan      |

### -MISSION-

To produce competent Physical Educators who are well-equipped with the necessary competencies by providing them with current trends in all components of Physical Education

### -VISION-

To be recognized as expert provider of academic programs in Physical Education in order to meet the challenges of the 21st Century.

### -CORE-VALUES-

- P - assionate Professionals (in Physical Education)
- E - xcellent (in all components of Physical Education)
- A - daprive (to the current trends in Teaching P.E)
- P - henominal (outstanding, Remarkable)

### *-Committee-*

|                                  |                               |
|----------------------------------|-------------------------------|
| OVERALL COMMITTEE CHAIRPERSON    | Dr. Vivencio L. Calixtro, Jr. |
| CO-OVERALL COMMITTEE CHAIRPERSON | Dr. Estela F. Diaz            |

# PROGRAM

DAY 1 (NOV. 6, 2026)

7:00-9:00 AM

Registration

9:00-10:00 AM

Opening Program

- National Anthem: BISU MC - Chorale
- Doxology: BISU MC - Chorale
- Bohol Hymn: BISU MC - Chorale
- Tagbilaran Hymn: BISU MC - Chorale
- BISU Hymn: BISU MC - Chorale
- Opening Salvo: Bol-anon Kinetics Guild

- Welcome Remarks:

Dr. Maria Lillibeth G. Castil  
Vice President, Academics and Quality Assurance, BISU

- Statement of the Purpose:

Prof. Eileen Marie C. De Leon  
Head Teacher, DepEd - Manila

- MOA Signing

- Inspirational Message and Opening Declaration:

Dr. Anthony M. Pendaso  
President, BISU

10:00 AM - 12:00 PM

Folk Dance

Prof. Conrado S. Contreras Jr.  
PEAP VP For External Affairs

12:00-1:00 PM

Lunch Break

1:00-4:00 PM

Mazurka Boholana &  
Kuradang de Bohol

Prof. Nelson G. Relayosa  
Bohol State University

4:00PM ONWARDS

Cultural Show

Skiartates Performing Group

MASTER OF CEREMONIES

Prof. Noel P. Maragañas  
CTE Faculty  
Bohol Island State University

OFFICER OF THE DAY

Prof. Rose Mary M. Pampianci  
Region VII Coordinator

DAY 2 (NOV. 7, 2026)

7:00-7:30 AM

Attendance

7:30-8:00 AM

Warm-up

8:00 AM - 12:00 PM

Teaching Pickleball In PE: Fundamentals  
Progressions, and Game Management  
Dr. Vangie B. Montillano  
De La Salle University-Dasmariñas

Snack Break

Common Faults in Pickleball: Identification, correction  
and Application in teaching and game play

Dr. Manny Poster  
President PPA, Founder PRO-PPA and MASTS  
Management Committee Chairman

12:00-1:00 PM

Lunch Break

1:00-3:00 PM

Innovative Game-Based Approaches in  
Aerobounceball: Integrating a novel  
Invasion sport into the PATHEFIT  
Curriculum.

Dr. Vivencio L. Calixtro, Jr.  
Bohol Island State University

Snack Break

3:00-5:00 PM

Research Presentation  
(Break-out rooms)

MASTER OF CEREMONIES

Prof. Michael N. Padua  
NCR Region Coordinator

OFFICER OF THE DAY

Prof. Oscar Jose M. Fajardo  
Region XIII Coordinator

DAY 3 (NOV. 8, 2026)

7:00-7:30 AM

Attendance

7:30-8:00 AM

Warm-up

8:00-10:00 AM

Learning through the body in the AI:  
Reimagining Reflective and connected Physical  
Education with Emerging Technologies  
Dr. Naoki Suzuki  
Tokyo Gakugei University

Snack Break

10:00 AM - 12:00 PM

Sports Education "Sports Leadership  
and Academic Excellence: Research  
Perspective on student-Athlete  
Development

Dr. Adelillosa G. Menchavez  
Cebu Technological University  
Tuburan Campus

12:00-1:00 PM

Lunch Break

1:00-ONWARDS

Practice and Closing Program

Turn Over Ceremony

Dean, Dr. Renario G. Hinampas  
Dr. Vivencio L. Calixtro, Jr.  
Bohol Island State University

Closing Remarks

Dr. Jean F. Nebrea  
Campus Director, Main

Awarding and giving of Certificates

Dr. Estela F. Diaz  
PEAP President

MASTER OF CEREMONIES

Prof. Eileen Marie C. De Leon  
PEAP Vice President for Internal Affairs

OFFICER OF THE DAY

Prof. Ritzi Castro-Fullente  
Region V Coordinator

#OneTeam,OneGoal

OnePEAP

In Partnership with:

