



Republic of the Philippines
DEPARTMENT OF EDUCATION
Cordillera Administrative Region
SCHOOLS DIVISION OF TABUK CITY
City Hall Compound, Dagupan Centro, Tabuk City



DIVISION MEMORANDUM No. 56 s. 2019

To : PSDSs, Public & Private Secondary School Heads
And All Concerned

From : **BENEDICTA B. GAMATERO**
OIC- Schools Division Superintendent

DATE : March 25, 2019

SUBJECT : **TRAINING ON DANCE FUNDAMENTALS FOR NON-PHYSICAL EDUCATION MAJORS TEACHING SENIOR HIGH SCHOOLS**



1. The Kalinga State University Office of Extension and Training Services through the City Division Office of Tabuk City will be conducting an extension activity entitled: Dance Fundamentals for Non- Physical Education Majors Teaching Senior High School (SHS) – **HOPE 3 subject on April 9-12, 2019 and HOPE 4 subjects on April 23 – 26, 2019** at the **KALINGA STATE UNIVERSITY**, Bulanao Campus, Bulanao, Tabuk City.
2. This training aims to provide Non-Physical Education majors appropriate to gain experience and knowledge in the Fundamentals of Dances appropriate for physical education settings.
3. It is also KSU's initial contribution in promoting Physical Education as one of the core subjects of the SHS Curriculum..
4. Participants are non-P.E. major teaching P.E. subjects in Schools offering SHS.
5. Interested non-P.E. major teaching P.E. in the Junior High School (JHS) may join but have to pay a minimum registration fee to defray expenses on snacks and meals.
6. For further inquiries, please see or contact **MAY JOSEFA SHIU-BUSLIG**, Project Leader on her contact number 0917-750-2913
7. See attached proposed schedule and details of activities.
8. In the event that a division training will coincide with this training, the division training should be prioritized.
9. Immediate dissemination of this Memorandum is desired.

**"Senior High School Teacher Training on
Health Optimizing Education (HOPE 3)
"DANCE FUNDAMENTALS"
PROPOSED SCHEDULE AND DETAILS OF ACTIVITIES
APRIL 9-12, 2019
Venue: KSU Gymnasium**

DAY	TIME	ACTIVITY
Day 1	7:30 - 8:00 am	Registration of Participants
	8:00 - 9:00 am	Opening Program
	9:30 am - 5:00 pm	Philippine Folk Dances
Day 2	7:30-8:00 am	Registration of Participants
	8:00-8:30 am	Warm-up Activities
	8:30 am - 5:00 pm	Festival Dance/ Indigenous Dance
Day 3	7:30-8:00 am	Registration
	8:00-8:30 am	Warm-up Activities
	8:30 am - 4:00 pm	Modern/ Contemporary
	4:00 - 5:00 pm	Construction of Teaching Guides for HOPE 3
Day 4	7:30-8:00 am	Registration
	8:00-8:30 am	Presentation of Output (Teaching Guides
	10:00 am - 12:00 nn	Practices for Dance Recital
	2:00 pm	Dance Recital of Participants

**"Senior High School Teacher Training on
Health Optimizing Education (HOPE 4)
"RECREATIONAL ACTIVITIES"
PROPOSED SCHEDULE AND DETAILS OF ACTIVITIES
APRIL 23-26, 2019
Venue: KSU Gymnasium**

DAY	TIME	ACTIVITY
Day 1	7:30 - 8:00 am	Registration of Participants
	8:00 - 9:00 am	Opening Program Lecture 1: Concept and Nature of Mountaineering Lecture 2: Climb Preparation and Assessment Pre-climb, trail movement, trail signs, trail ethics
	12:00 nn	Health Break
	1:00 pm	Lecture 3: Equipment Familiarization & Operation Essential Personal Gears, Camp Equipment
	2:00 pm	Lecture 4: Meal Planning & Preparation
	3:00 pm	Lecture 5: Basic First Aid for the Outdoors
Day 2	6:00 am	Estimated time of Departure-(Balbalasang Nat'l Park or Lubo, Tanudan or Awichon, Lubuagan)
	11:00 am	Estimated time of Arrival
	1:00 pm	Lecture 6: Tent Pitching: Team Building Activities
	6:00 pm	Dinner - Camp fire
	7:00 pm	Lecture 7: Contextualization and Localization Construction of Teaching Guides for HOPE 4
Day 3	6:00 am	Breakfast
	8:00 am	Lecture 8: Basic Rope Work Lecture 9: Basic Knot Tying
	12:00 nn	Lunch Break
	1:00 pm	Lecture 10: Land Navigation/ Orienteering
	6:00 pm	Dinner
	7:00 pm	Presentation of output - Teaching Guides
Day 4	6:00 am	Breakfast
	7:00 am	Departure for Tabuk

Note: Participants will shoulder fare going to & from the camping area and snacks during the whole duration of the event of the event.



Republic of the Philippines
KALINGA STATE UNIVERSITY
Bulanao, Tabuk City, Kalinga

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CONFIRMATION SLIP

SENIOR HIGH SCHOOL TEACHER TRAINING FOR HEALTH-
OPTIMIZING PHYSICAL EDUCATION (HOPE) 4 -
RECREATIONAL ACTIVITIES
April 23 - 26, 2019

NAME OF SCHOOL:

NAMES OF PARTICIPANTS

CONTACT
NUMBER

1. _____
2. _____

Please submit confirmation slip on or before April 17, 2019 at the Office of the Sports & Socio-Cultural Affairs, 2nd floor, Engineering Bldg, KSU Bulanao Campus or PM to May Shiu-Buslig