



Republic of the Philippines  
**Department of Education**  
REGION VII - CENTRAL VISAYAS  
Schools Division of Bohol

**Office of the Schools Division  
Superintendent**

**DIVISION MEMORANDUM**

No. **0434**, s. 2023

September 26, 2023

**DEPED BOHOL DIVISION SCHOOL SPORTS PROGRAM**

To: Assistant Schools Division Superintendent  
Chief, CID and SGOD  
All Others Concerned

1. DepEd Bohol Division strictly adheres to the Executive Order No. 64, s. 1993 adopting a national policy and program of "Sports for All", which mandates the Department to make physical fitness and sports accessible to all, regardless of age, gender, talent, and capabilities, in all its organized sports competitions. The school as an avenue to introduce formal basic education of learners should also inculcate the importance of sports as part of the curriculum, learners should feel the need to rediscover universal values inherent in the practice of sports, such as patriotism, nationalism, self-discipline, team work and hard work, camaraderie, sportsmanship and fair play, respect for law and order and the rights of others, preservation of our human and natural resources, and the continuing quest for excellence.

2. In line with the above-mentioned mandate, this office through the Curriculum Implementation Division disseminates the school sports program for the school year 2023-2024 as follows:

- a. **School Sports Competition (Intramurals)- September 30- October 1, 2023;**
- b. Sports Club- Year- Round
- c. Laro ng Lahi – Year- Round

3. Conduct of the above-mentioned activities should strictly follow the provision in the DepEd Order No. 9, s. 2005, "Instituting Measures to Increase Engaged Time-On-Risk and Ensuring Compliance Therewith". All teaching and non-teaching personnel involved in the conduct of the sport activities during Saturdays/ Sundays/ Holidays are given service credits/COC for the services rendered.

4. For the schools conducting the school intramurals not following the indicated date above, the school head shall submit to this office the following:
- a. Letter of Justification with supporting documentation;
  - b. This memorandum;
  - c. Endorsement by the PSDS



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5. There is no need for the school heads to submit a letter of intent and other documents to support the conduct of school intramurals if this is to be done within the given date stipulated in this memorandum. However, for the service credit claims, the following should be submitted to this office:
- a. Letter Request;
  - b. DTR signed by the School Head;
  - c. Certificate of Appearance/ attendance
  - d. MOVs (program, pictures etc)
  - e. This memorandum
6. Attached are specific guidelines for the implementation of the above-mentioned sports programs for reference.
7. Immediate dissemination of, and compliance with this memorandum is desired.

  
**EVANGEL M. LUMINARIAS Ph.D., CESO V**  
Schools Division Superintendent 

## **GUIDELINES FOR THE SCHOOL INTRAMURALS, SPORTS CLUB AND LARO NG LAHI**

Department of Education Bohol Division recognizes sports as one of the ways to deliver the basic instruction in motor skills and other recreational activities through a comprehensive program of physical education. The implementation of these programs includes not only training in motor development and physiological integrity but the knowledge necessary to support an active, productive and healthy quality of life. Intramurals, sports club and Laro ng Lahi are part of the MAPEH curriculum. These sports programs provide the opportunity, regardless of athletic skill level, to learn an energetic approach to life that can contribute to their enjoyment of leisure and maintain a style of living that contributes to their emotional, social, and physiological well-being.

School Intramurals and sports club are sports activities, tournaments, meets, and/or special events which are limited to participants and teams from within a specific defined community such as a school. While the emphasis in physical education focuses on different sports events, active recreational activities such as Academic Literary Musical Contests and Laro ng Lahi are also to be included. Sports Club should also emphasize the teaching of skills development in six mandatory sports like **Arnis, Athletics, Chess, Sepak Takraw, Dancesports and Swimming.**

### **OBJECTIVES:**

- Provide equal opportunities to all types of learners to participate in sport and recreational activities
- Conduct activities in a safe and professionally supervised environment.
- Nurture a healthy spirit of competition, sportsmanship, and teamwork.
- Expose students to leisure activities that will contribute to an active lifestyle and enhance physical fitness.
- Provide an opportunity to practice and internalize the skills, attitudes, and knowledge acquired in the delivery of physical education competencies.

### **GENERAL RULES:**

1. A letter of intent with the attached program of activities and sports club profile should be submitted to the SDS prior to the conduct and organization of the sports club (sports club only)
2. Intramural activities and sports club are intended to be voluntary in nature. Parental consent and medical certificate should be secured before a learner is allowed to join all sports activities.
3. Every student is given an equal opportunity to participate regardless of physical ability.
4. SSG/SPG representing the learners should be involved in the planning, organization and administration of programs.
5. Intramurals and sports club should be considered part of MAPEH curriculum and be seen as an outgrowth of the physical education program. Skills and activities used in the programs should be taught in the physical education curriculum.

6. Intramurals. Sports Club and Laro ng Lahi should be funded by the school MOOE and other local funds to provide appropriate leadership, facilities, equipment and safety.
7. The school head and MAPEH Teachers should sit together in preparing the plan and supervising the program.
8. The conduct of these sports programs is in adherence to the provisions of the Child Protection Policy.
9. All activities should be structured to ensure that safety requirements are met including consideration of each student's readiness for the activity based upon age, skill, and physical condition.
10. Specific rules and regulations should be established that ensure equal opportunity, fair play, and safe participation.
11. All activities should be supervised to ensure safety and orderly progression of each event.
12. Recognize that because of the nature of physical activity, injuries might occur. Immediate first aid must be available from trained providers any time the program is in progress. Attention must be given to communication with emergency services in the event of a serious injury. All students and staff should know the emergency procedures.

### **SPORTS CLUB LEADERSHIP:**

Teacher- Coaches and Sports Club Coordinators must possess professional training in physical education and sports is the most appropriate qualification for persons selected to provide sports club leadership in the school setting.

#### **Specific competencies should include:**

- a. **Understanding growth, psychosocial, and motor development.**
- b. **Knowledge of physical fitness and a variety of sports activities including rules and officiating techniques.**
- c. **Knowledge of sports safety requirements and first aid.**
- d. **Knowledge of tournament planning and various methods of establishing leagues, brackets.**

### **SPORTS EQUIPMENT AND FACILITIES**

Critical to any sports activity programs are adequate facilities and equipment to support the program. However, lack of sophisticated facilities and large budgets for equipment should not be a hindrance in the provision of sports programs. Activities may be modified and adapted to meet the budget and space available.

Basic guidelines include:

- a. Facilities should be adequate to meet the needs, interests, safety and number of students participating.
- b. Equipment and supplies for the sports programs should be budgeted using the School MOOE, SSEED Funds and other local funds
- c. For those selected recipients of the Sports Supplies and Equipment Enhancement Distribution Program (SSEED) will receive sports equipment to strengthen the implementation of sports club.
- d. Equipment must be modified when required by the age, size and/or physical ability of the participants.
- e. Appropriate maintenance should be provided for facilities and equipment so that they meet basic standards for cleanliness and safety.
- f. When new facilities are to be built, or new equipment purchased, all teacher-coaches should be consulted to ensure that needs are met.

### **AWARDS:**

The emphasis of school intramurals, sports club and Laro ng Lahi should be on participation and fun. Winning and losing are part of the process but should not be a primary focus. If awards are to be given, they should be for recognition of achievement and not excessive in nature. If possible, some recognition should be available for participation regardless of win/loss records. All students should be made to feel that they are a winner by virtue of their participation and not because of the relative points scored.

### **SPORTS CLUB REQUIREMENTS**

Interested school heads must submit through this link: <https://tinyurl.com/SpotsClubPort> a Sports Portfolio with these documents to wit:

- a. Letter of Intent;
- b. Endorsement from the PSDS
- c. List of Sports Club Officers;
- d. List of Qualification of Personnel/ In-charge/ Coordinator;
- e. Trainings attended that supports item no. 3;
- f. Certificate of Recognition as to the participation of different sports activities;
- g. Pictures of sports facilities and equipment available in school
- h. List of specialized mandatory sports
- i. other supporting documents

### **DISTRICT EVALUATION COMMITTEE**

The Schools District Office shall constitute a committee to evaluate the readiness of the school to implement the sports club and endorse the list of schools qualified to offer the program not later than **October 20, 2023** through Dr. Ayson, EPSvr in MAPEH. The Committee shall be composed of a **Committee Head** (PSDS) and two (3) members to be identified by the Committee Head.

## **LARO NG LAHI (FILIPINO INDIGENOUS GAMES/ TRADITIONAL FILIPINO GAMES)**

As part of culture preservation, Laro ng Lahi should be introduced in school. These Traditional Filipino Games are to be played by teachers and learners in school during their free time or Physical Education Classes using indigenous materials. Mostly, these games do not need materials but players themselves. There are different kinds of Philippine Traditional Games that are suited for learners. These games are not only fun to play but require different skills.

Traditional Filipino Games widely known as Laro ng Lahi are Hispanic in origin. It is not only played by youngsters but also by anybody who love childish humor. While these games are recreational in nature, these are also used to test an individual or group's strength, endurance, and dexterity.

The games have no definite rules nor any strict regulations. Different communities have varying versions of the games that are agreed upon between themselves. Most games and matches have two-team gameplay in which players can divide themselves into a reasonably certain number, usually predetermined by two separate team leaders first playing Jack 'n' poy then selecting a teammate after each match. Another common variation of creating two teams is by 'win-lose' in which each player will pick another person to play Jack 'n' poy with and then grouping the winners and losers. The school MAPEH Coordinator is advised to agree with the school sports committee on the specific rules of the games.

The following are suggested Traditional Filipino Games:

- Patintero
- Syatong
- Dama
- Sungka
- Lusalos
- Holen
- Tumbang Preso
- Piko
- Sipa
- Taguan
- Takip-Silim
- Langit- Lupa
- Lusalos
- Turumpo
- Chinese Garter
- Luksong Tinik
- Palo Sebo
- Pitik Bulag
- Sintak
- Buwan-Buwan
- Bagol
- Bato Lata/ Tumbang-Preso
- Iring- iring
- Taguan
- Agawan base
- Sungka

Sources:

[https://en.wikipedia.org/wiki/Traditional\\_games\\_in\\_the\\_Philippines](https://en.wikipedia.org/wiki/Traditional_games_in_the_Philippines)

<https://www.studocu.com/ph/document/university-of-saint-louis/bachelor-of-science-in-accountancy/laro-ng-lahi-phed/8732280>