



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

**Office of the Schools Division  
Superintendent**

**DIVISION MEMORANDUM**

No. **365**, s. 202**4**

August 9, 2024

**SCHOOL SPORTS ACTIVITIES SCHOOL YEAR 2024-2025**

To: Assistant Schools Division Superintendent  
Chief, CID and SGOD  
PSDS/ Acting PSDS  
School Heads  
All Others Concerned

1. In adherence with Executive Order No. 64 s. 1993 highlighting the "Sports For All" Program, this office through the Curriculum Implementation Division, supports the mandate that sports should be accessible to all, regardless of age, gender, talent and capabilities, in all its organized sports competitions. The school should inculcate the importance of sports as part of the Physical Education Curriculum. Learners should learn the need to rediscover universal values inherent in the practice of sports, such as patriotism, nationalism, self-discipline, teamwork and hard work, camaraderie, sportsmanship and fair play, respect for law and order, rights of others and the continuing quest for excellence. The Physical Education also plays a crucial role in developing the sports skills and overall physical literacy of individuals.

2. In line with the aforementioned mandate, this office also disseminates the different school sports activities for the school year 2024-2025 as follows:

- a. **School Sports Competition (Intramurals)- August 24-25 or August 25-26, 2024;**
- b. Sports Club- Year-Round;
- c. Larong Pinoy- Year- Round.

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

4. For the schools conducting the school intramurals on other dates as indicated above, the school head shall submit to this office the following:



Deped Tayo Bohol Division

Address: 0050 Lino Chatto Drive Barangay Cogon,  
Tagbilaran City, Bohol

Telephone No.: (038) 411-2544

Email Address: [deped.bohol@deped.gov.ph](mailto:deped.bohol@deped.gov.ph)

[www.depedbohol.org](http://www.depedbohol.org)

- a. Letter of Justification with supporting document
  - b . This memorandum
  - c. Endorsement by the PSDS
5. There is no need for the school heads to submit a letter of intent and other documents to support the conduct of intramurals if it is to be conducted within the given date stipulated in this memorandum. For service credit claims, the following should be submitted:
- a. Letter Request;
  - b. DTR signed by the School Head;
  - c. Certificate of appearance/ attendance sheets
  - d. This memorandum
6. Attached are specific guidelines for the implementation for your reference.
7. Immediate dissemination of, and compliance with this memorandum is desired.

  
**CASIANA P CABERTE PhD CESO VI**  
Schools Division Superintendent

## **GUIDELINES FOR THE SCHOOL INTRAMURALS, SPORTS CLUB AND LARONG PINOY**

Department of Education Bohol Division recognizes sports and Larong Pinoy are ways to deliver the basic instruction in motor skills and other recreational activities through a comprehensive program of Physical Education. The implementation of these activities includes not only training in motor development and physiological integrity but the knowledge necessary to support the active, productive, and healthy quality of life. Intramurals, sports club and Larong Pinoy are parts of the MAPEH Curriculum. These sports activities provide the opportunity, regardless of athletic skill level, to learn an energetic approach to life that can contribute 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, recreational activities such as Academic Literary Musical Contests and Larong Pinoy are also to be included. Sports Club should emphasize the teaching of skills development in six (6) Sports like **Arnis, Athletics, Chess, Sepak Takraw, Dancesports and Swimming**. However, the school head and sports club coordinator may opt to choose two of the six sports if trained teachers in sports and sports equipment are not available.

### **OBJECTIVES:**

- a. Provide equal opportunities to all types of learners to participate in sports and recreational activities.
- b. Conduct activities in a safe and professionally supervised environment.
- c. Nurture a healthy spirit of competition, sportsmanship, and teamwork.
- d. Expose students to leisure activities that will contribute to an active lifestyle and enhance physical fitness.
- e. 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 PSDS prior to the conduct and organization of the sports club (sports club only).
2. School intramurals and sports club are intended to be VOLUNTARY in nature. Parental Consent (mandatory) and medical certificate (if necessary) 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 the 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. School Intramurals, Sports Club and Larong Pinoy should be funded through school MOOE and other local funds to provide appropriate leadership, facilities, equipment, and safety.
7. The school head/ sport club coordinators and MAPEH Teachers should sit together in preparing the plan and supervising the program.
8. The conduct of these sports activities 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 to ensure safety and orderly progression of each event.
11. All activities should be supervised to ensure safety and orderly progression of each event.
12. Recognize that because of the nature of physical activities, injuries might occur. Immediate first aid must be available from trained providers anytime the program is in progress. Attention must be given to communicate 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.

### **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 School MOOE and other local funds.
- c. Equipment must be modified when required by the age, size and/ or physical ability of the participants.
- d. Appropriate maintenance should be provided for facilities and equipment so that they meet basic standards for cleanliness and safety.
- e. When new facilities are to be built, or new equipment purchased, all teacher-coaches should be consulted to ensure the needs are met.

### **AWARDS**

The emphasis of school intramurals, sports club and Larong Pinoy should be on participation, performance tasks and fun. Winning and losing are part of the process but must not be the primary focus. If awards are to be given, they must be for recognition of achievement and not excessive in nature. If possible, some recognition will be available for participation regardless of win/loss records. It must be clarified that winning is only by virtues of learners' participation and not because of the relative points scored.

### **SPORTS CLUB REQUIREMENTS**

Interested school heads must submit to the PSDS a SPORTS PORTFOLIO with these documents to wit:

- a. Letter of intent
- b. List of Sports Club Officers
- c. List of Qualification of Personnel/ In-charge/ Coordinator
- d. Trainings attended that supports letter b
- e. Certificate of Recognition as to the participation of different sports activities
- f. Pictures of sports facilities and equipment available in school
- g. List of specialized sports offered.
- h. 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 **September 15, 2024**, through Dr. Ayson, EPSvr in MAPEH. The committee shall be composed of a Committee Head (PSDS) and three 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>