



Republic of the Philippines
Department of Education
Region X
DIVISION OF EL SALVADOR CITY



Zone 3, Poblacion, El Salvador City
Telefax No: (088) 555-0475 | Email Address: elsalvador.city@deped.gov.ph | Website: depedelsalvadorcity.net

DIVISION MEMORANDUM

No. 151, s. 2019

To: Public Elementary School Heads
Public Secondary School Heads
Concerned Teachers

From: **JESNAR DEMS S. TORRES, Ph.D., CESE**
Asst. Schools Division Superintendent
OIC-Schools Division Superintendent

Subject: Seminar-Workshop on Philippines Dance for Teachers
and Pinoy Aerobics Competition

Date: July 17, 2019

1. This is in reference to Regional Memorandum no. 363 s. 2019 regarding Seminar-Workshop on Philippine dance for Teachers and Pinoy Aerobics Competition for Teachers at Sinanduloy Cultural Center, Tangub City, on July 19-21, 2019.
2. The activity is aimed at equipping and updating the participants on the classics of Philippine Folk dance and upgrading their knowledge, skills and understanding in the teaching of folk dance to supplement the K to 12 curriculum.
3. Select schools are expected to send 1 (one) or 2 (two) participants and submit the names of identified teacher/s to Mr. Manuel A. Janubas, EPS in MAPEH.
4. Attached is the number of participants per select schools and the Regional memorandum.
5. Board and lodging, travel expenses shall be charged to local funds subject to the usual accounting and auditing policies, rules and regulations.
6. Immediate and wide dissemination of this memorandum is desired.



Republic of the Philippines
Department of Education
Region X
DIVISION OF EL SALVADOR CITY



Zone 3, Poblacion, El Salvador City
Telefax No: (088) 555-0475 | Email Address: elsalvador.city@deped.gov.ph | Website: depedelsalvadorcity.net


Participants to the Seminar-Workshop on Philippine Dance for Teachers and Pinoy Aerobics
July 19-21, 2019
Sinanduloy, Tangub City

NAME OF SCHOOL	NO. OF TEACHERS
El Salvador City NHS	1
Molugan NHS	2
Cogon NHS	2
Hinigdaan NHS	1
Himaya NHS	1
San Francisco de Asis NHS	1
Amoros ES	1
Cogon ES	1
Hinigdaan ES	1
Kalabaylabay ES	1
Molugan ES	2
PSB ES	1
San Francisco de Asis ES	1
Taytay ES	1
Kibonbon ES	1
El Salvador City CS	2
Ulaliman ES	1

Prepared by:


MANUEL A. JANUBAS
EPS – MAPEH

Noted:


JESNAR DEMS S. TORRES, Ph.D., CESE
Assistant Schools Division Superintendent
OIC, Office of the Schools Division Superintendent



Republic of the Philippines
DEPARTMENT OF EDUCATION
DepEd Region X – Northern Mindanao



DepEd-1
Cagayan de Oro City

July 9, 2019

REGIONAL MEMORANDUM


No. 363, s. 2019

RECEIVED
JUL 10 2019
6220

**SEMINAR-WORKSHOP ON PHILIPPINE DANCE FOR TEACHERS
AND PINOY AEROBICS COMPETITION**

To : **Schools Division Superintendents**
All Others Concerned
This Region

1. The Philippine Folk Dance Society, Tangub City Chapter, in coordination with the local government unit of Tangub City, will conduct the 15th Regional Echo Seminar-Workshop on Philippine Folk Dance with Pinoy Aerobics Competition for Teachers at Sinanduloy Cultural Center, Tangub City, on July 19-21, 2019.
2. The activity is aimed at equipping and updating the participants on the classics of Philippine Folk Dance and upgrading their knowledge, skills, and understanding in the teaching of folk dance to supplement the K to 12 curriculum.
3. The expected participants of the training are the teachers of elementary and secondary schools both public and private, MAPEH Supervisors, choreographers, and dance enthusiasts.
4. A registration fee of One Thousand Six Hundred (1,600.00) pesos is charged to each participant to cover expenses for the workshop kits, t-shirts, certificates, and honoraria of resource speakers, facilitators, dance models and other incidentals.
5. Highlighting the activity is the Pinoy Aerobics Competition aimed at strengthening one's health through aerobics.
6. Each Schools Division Office (SDO) must have one competing team composed of 10 members.
7. Attached are the training details and the Pinoy Aerobics contest guidelines and the criteria for judging.
8. Board and lodging and travel expenses shall be charged to local funds, subject to the usual accounting and auditing policies, rules, and regulations.
9. Immediate and wide dissemination of this Memorandum is desired.


DR. ARTURO B. BAYOCOT, CESO V
Regional Director

Rationale: The conduct of this Regional Pinoy Aerobics Competition is to continuously promote the vision of the late Hon. Elnora G. Alinghuro which is to strengthen the value of one's health through aerobics. Thus, teachers/mentors will impart to their pupils/students in a massive form of culture and art awareness that aerobics will promote a positive outlook in life.

Objective: This activity aims to promote fitness and health and strengthen the value of one's health through aerobics exercises.

A. Pinoy Aerobics Guidelines

1. Each participating division must have one entry only. A minimum of 10 participants and a maximum of 16 participants is required for each contingent.
2. Participants should be officially registered to this year's 2019 Regional Seminar-Workshop on Philippines Folk dance for Teachers.
3. Performance must be based on the Pinoy Aerobics presented by the late Hon. Elnora Alinghuro.
4. The contingent may have their own choreography using the Pinoy Aerobics but the composition or sequence must follow the exact figures of the Pinoy Aerobics.
5. The decision of the board of judges is final, irrevocable and unappealable.
6. Proclamation of winners will be done by the Chairman of the Board of Judges after the competition.
7. Questions or clarifications will not be entertained after the announcement of winners.
8. The contest will be done on July 19, 2019, Friday at 5:30 P.M.

B. Criteria

Choreography (Includes creativity and artistry of formation, and must follow the original steps taught by the late Hon. Elnora-G. Alinghuro)	30%
Performance (Precision, interpretation of the dance, and gracefulness)	30%
Mastery (Mastery of steps and coordination)	20%
Costume (relevant to this dance piece and creativity)	20%
Total	100%

C. Prizes:

First Prize:	PHP 9,000.00
Second Prize:	PHP 6,000.00
Third Prize:	PHP 5,000.00

Rationale: The conduct of this Regional Pinoy Aerobics Competition is to continuously promote the vision of the late Hon. Elnora G. Alingohuro which is to strengthen the value of one's health through aerobics. Thus, teachers/mentors will impart to their pupils/students in a massive form of culture and art awareness that aerobics will promote a positive outlook in life.

Objective: This activity aims to promote fitness and health and strengthen the value of one's health through aerobics exercises.

A. Pinoy Aerobics Guidelines

1. Each participating division must have one entry only. A minimum of 10 participants and a maximum of 16 participants is required for each contingent.
2. Participants should be officially registered to this year's 2019 Regional Seminar-Workshop on Philippines Folk dance for Teachers.
3. Performance must be based on the Pinoy Aerobics presented by the late Hon. Elnora Alingohuro.
4. The contingent may have their own choreography using the Pinoy Aerobics but the composition or sequence must follow the exact figures of the Pinoy Aerobics.
5. The decision of the board of judges is final, irrevocable and unappealable.
6. Proclamation of winners will be done by the Chairman of the Board of Judges after the competition.
7. Questions or clarifications will not be entertained after the announcement of winners.
8. The contest will be done on July 19, 2019, Friday at 5:30 P.M.

B. Criteria

Choreography (includes creativity and artistry of formation, and must follow the original steps taught by the late Hon. Elnora G. Alingohuro).	30%
Performance (Precision, interpretation of the dance, and gracefulness)	30%
Mastery (Mastery of steps and coordination)	20%
Costume (relevant to this dance piece and creativity)	20%
Total	100%

C. Prizes:

First Prize:	PHP 9,000.00
Second Prize:	PHP 6,000.00
Third Prize:	PHP 5,000.00