



Republic of the Philippines  
**Department of Education**  
REGION VIII - EASTERN VISAYAS

**DepEd Regional Advisory No. 089**, s. 2025  
**July 20, 2025**

In compliance with DepEd Order (DO) No. 8, s. 2013  
This advisory is issued not for endorsement per DO 28, s. 2001,  
but only for the information of DepEd officials,  
personnel/staff, as well as the concerned public.  
(Visit [deped.in/ro8issuances](http://deped.in/ro8issuances))

**NCPEP FIT-FUN CONFERENCE 2025**

Attached is a communication letter from **Anna Lou M. Carreon**, President, National Council for Physical Educators of the Philippines (NCPEP) Inc., informing the field on the conduct of the **NCPEP Fit-Fun Run Conference 2025** with the theme, "*Move to the Beat: Mastering the Rhythm of Dance and Exercise*" on August 22 to 24, 2025 at Antique Vocational School.

Participation of both public and private schools shall be subject to the *no-disruption-of-classes policy* stipulated in DepEd Order No. 9, s. 2005 entitled *Instituting Measures to Increase Engaged Time-on-Task and Ensuring Compliance Therewith*.

More information may be inquired from:

Name: Anna Lou M. Carreon  
NCPEP President  
Blk 38 Lot 8, Caloocan City  
Contact No.: 09074051876/09915442731  
E-mail Address: [ncpep2016@gmail.com](mailto:ncpep2016@gmail.com)

Considering that this is an Advisory, Schools Division Superintendents are given the discretion to act on this matter.

CLMD-NPJ



Address: Government Center, Candahug, Palo, Leyte  
Telephone No.: (053) 832-2997  
Email Address: [region8@deped.gov.ph](mailto:region8@deped.gov.ph)  
Website: <https://region8.deped.gov.ph>





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## CONSULTANT

**Marie Fe Cachola**



# NATIONAL COUNCIL FOR PHYSICAL EDUCATORS OF THE PHILIPPINES (NCPEP) INC.

June 14, 2025

**DR. EVELYN R. FETALVERO**

Regional Director

Office of the Regional Director

Department of Education—Regional Office

Gov't. Center, Candahug, Palo, Leyte

Ma'am:

Greetings!

The National Council for Physical Educators of the Philippines, Inc. (NCPEP) is excited to present the much-anticipated NCPEP Fit-Fun Conference 2025, which will be held face-to-face from August 22 to 24, 2025, at Antique Vocational School.

With the theme, "Move to the Beat: Mastering the Rhythm of Dance and Exercise," this national conference aims to strengthen the implementation of Physical Education and Sports programs under the revised K to 12 curriculum, particularly in the areas of Movement Competency, Rhythmic Activities, Dance, and Fitness. The event is designed to align with DepEd's goal of enhancing 21st-century skills and promoting physical literacy, well-being, and inclusive education.

Recognizing the role of Physical Education and Sports in achieving the United Nations Sustainable Development Goals (SDGs)—particularly those related to health, education, and gender equality—the conference will feature the following components:

- hands-on MAPEH Revised K to 12 Training aligned with new curriculum standards;
- expert-led workshops and lectures focusing on dance, movement, and exercise pedagogy;
- capacity-building for P.E. professionals to integrate inclusive, engaging, and evidence-based practices into their instruction; and
- discussions on the social, environmental, and economic contributions of sports and physical activity in schools and communities.

The conference is open to P.E. and sports teachers, coordinators, supervisors, principals, and graduate students. Given its direct relevance to the revised K to 12 curriculum and the continuing professional development of our educators, we kindly request your good office to issue an official regional memorandum or advisory allowing participants to attend on official time, subject to existing DepEd rules and regulations.

Attached herewith are the official conference communication and the 3-day program for your review and reference.

Thank you very much for your unwavering support in advancing the professional growth of our educators and promoting quality physical education across the region.

Respectfully yours,

**Anna Lou M. Carreon**

NCPEP President

**DEPARTMENT OF EDUCATION**  
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# NATIONAL COUNCIL FOR PHYSICAL EDUCATORS OF THE PHILIPPINES (NCPEP) INC.

## FIT-FUN Conference 2025

*"Move to the Beat: Mastering the Rhythm of Dance and Exercise"*

August 22 to 24, 2025

Day 1 (Aug 22, 2025)		
Facilitators: Jhan Mari Tan and Princess Anne Mendoza		
08:00am-9:00am	Registration	
09:00-9:30 am	Opening Program	NCPEP
9:30-10:30 am	Functional Exercise	Dr. Jerrwin A. Aguinaldo De La Salle University
10:30 am - 12:00 nn	"Sayaw Pilipinas: Dance Heritage Fitness" Session 1	Dr. Jun Alave Paranaque National High School/PUP
12:00 nn - 1:30 pm	Lunch Break	
1:30 - 3:30 pm	Session 2	Dr. Jun C. Alave Paranaque National High School/PUP
3:30 - 4:00 pm	Snacks	
4:00 - 5:00 pm	Dance Workshop I	
Day 2 (Aug 23, 2025)		
Facilitators: Anna Lou M. Carreon/ Federico R. Arzadon Jr.		
08:00 am-9:00 am	Different Genre of Dance Aerobics for PE Class/ Workshop Session 1	Mr. Gicel Roger B. Salvilla Polytechnic University of the Philippines
9:00am -10:00	Workshop Session 2	
10:00 am-10:30am	Health Break	
10:30-12:00 nn	Social Ballroom dancing for P.E class	Dr. Ferdie T. Lubis Polytechnic University of the Philippines
12:00-1:30 pm	Lunch Break	
1:30- 3:30 pm	Workshop	
3:30 -4:00 pm	Snacks	
3:30-5:00	Circuit Training	Dr. Joana Marie Carina M. Gabunilas/ Dr. Geraldine Minas Polytechnic University of the Philippines
Day 3 (Aug 24, 2025)		
Facilitators: Geraldine C. Minas/ Justin Julian Cachola		
8:00 -9:00am	Ingress/Recap	
09:00- 12:00 nn	Conditioning Exercise	Mr. Dane Ryan Maturan Accredited Coach Level 2 Aer Gymnastics Caybiga HS  Ms. Jhan Mari Tan Accredited Coach Level 3 Aer Gymnastics
12:00-1:30 pm	Lunch Break	
1:30- 3:30 pm	Output Presentation	Participants
3:30-4:00	Snacks	
4:00-5:00	Closing Program Awarding of Certificates	

Contact us:

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## FIT-FUN Conference 2025

*"Move to the Beat: Mastering the Rhythm of Dance and Exercise"*

August 22 to 24, 2025

### Payment:

	Member	Non-Member
<b>EARLY BIRD</b>		
April 1, 2025– May 15, 2025	Php 3,500.00.	4,000.00
May 16, 2025 - July 15, 2025	Php 4,000.00	4,500.00
<b>REGULAR REGISTRATION</b>		
July 16, 2025–August 20, 2025	4,500.00.00	5,000.00

Bank: Land Bank of the Philippines

Branch: A. Mabini St. Poblacion Caloocan City

Account Name: NATIONAL COUNCIL FOR PHYSICAL EDUCATORS OF THE PHILIPPINES (NCPEP), INC.

Account Number: 2911074527

GCASH # 09620780636 Princess Mendoza

QR Registration Form: <https://bit.ly/41eZ9QR>



### Inclusions:

The registration cost includes lunch and afternoon snacks for the three-day conference and kits containing a PATHFIT 3 book (for the first 50 registrants), seminar ID, certificates of participation, e-handouts, attendance, and completion for those who participate in and complete the workshop activities.

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