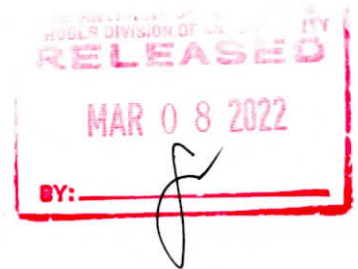




Republic of the Philippines
Department of Education
REGION III
SCHOOLS DIVISION OF ANGELES CITY



March 7, 2022

DIVISION MEMORANDUM

No. 090, s. 2022

VIRTUAL TRAINING-WORKSHOP ON SPORTS SKILLS FOR ARCHERY, CHESS, TABLE TENNIS, TENNIS, AND SEPAK TAKRAW

To: Assistant Schools Division Superintendent
Chief, SGOD
OIC-Chief, CID
Heads Public and Private Elementary and Secondary Schools

1. The Schools Division Office of Angeles City, through the EPS- In-Charge of Sports will conduct a **"Virtual Training-Workshop on Sports Skills for Archery, Chess, Table Tennis, Tennis, Sepak Takraw"** on March 14-16, 2022, from 8:00 AM to 4:00 PM.

2. This activity aims to provide the target participants with appropriate knowledge and competencies in demonstrating the different sports skills set based on the performance indicators stipulated in the DepEd Sports Manual.

3. All Public Elementary and Secondary Schools are requested to send **one (1)** teacher participant per sports event. Private Elementary and Secondary Schools may send participant/participants on their preferred sports event. The participants are Teacher-Coaches, MAPEH Teachers, and/or Teachers who like to put up sports club related to the sports events. Moreover, participants are advised to pre-register on the following link below:

Archery – <https://forms.gle/JCBDNXGRF2yCK1kw7>
Chess – <https://forms.gle/HL3fKVT5wu8ZDsFF7>
Table Tennis – <https://bit.ly/TableTennisVirtualTraining>
Tennis – <https://forms.gle/a7NRZb9LVyxfPq5P9>
Sepak Takraw – <https://forms.gle/db84mM6qZ68GfSpv5>

5. The scheduled training-workshop for each sports events will be done via MS Teams and will be sent prior to the activity date.

6. Enclosed are the Training Matrixes for Archery, Chess, Table Tennis, Tennis, and Sepak Takraw, and List of Resource Speakers/Facilitators and members of the Technical Support Group.

7. Wide dissemination of and strict compliance to the contents of this Memorandum is highly enjoined.


MA. IRELYN P. TAMAYO PhD, CESE
Schools Division Superintendent

CA 2022 - 075

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Enclosure No. 1 to Division Memorandum No. _____, s.2022

Training Matrix for Archery

DAY 1 – March 14, 2022		
Time	Topic/sessions	Resource Person/Facilitator
9:00-9:30am	I. Introduction to Archery and Key Stages	Noli C. Miranda Jr.
9:30-11:30 am	II. Key Stage 1- Coaching Philosophy	Williamson G. Canlas
1:00-3:00 PM	III. Key Stage 2- Knowing the Sport Archery a. Discipline b. Equipment c. Playing field d. Scoring e. Athletes f. Competitions	Noli C. Miranda Jr.
3:00-3:30	Break	
	V. Open Forum	
DAY 2 – March 15, 2022		
8:00-9:00am	Management of Learning (MOL)	Nicole C. Quejarro
9:00- 12:00	VI. Key Stage 3- Introduction to coaching archery a) Levels of Coaching b) Efficient Coaching c) Code of ethics	Noli C. Miranda Jr.
1:30- 3:00	III. Key Stage 4- Archery Basic Skills and training a) Condition for making good Basic Skills b) SPT (Specific Physical Training)	Noli C. Miranda Jr.
3:00-3:30	Break	
3:30-4:30	V. Guidelines on the preparation of (Work plan for training in a week)	Noli C. Miranda Jr.
DAY 3 – 16, 2022		
8:00-9:00am	Management of Learning (MOL)	Mary Joy D. Garcia
9:00- 12:00	II. Presentation of Output	Participants
1:30- 2:30	IV. Open Forum	
2:30- 3:00	VI. Awarding of Certificates	Mary Joy D. Garcia



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Training Matrix for Chess

DAY 1 – MARCH 14, 2022		
Time	Topic/sessions	Resource Person/Facilitator
9:00-9:30AM	Opening Program VIRTUAL TRAINING ON SPORTS SKILLS	DO-SGOD – Percival Y. Capitulo Ph.D EPS, SGOD
9:30-10:00AM	Coaching and Philosophy	RICHARD U. AYSON PRINCIPAL II/SMES
10:00-12:00 PM	-Virtual Komustahan Technical Officials and Coaches -Update events and activities to chess from 2018 – Present A. Seminars and Training attended B. DEPED SPORTS MANUAL	ROBERTO M. SALAS JR.
12:00-1:00PM	Lunch Break	
5:00-PM	Preliminary Discussion -Laws Related to Chess -Duties and Responsibilities of a Player -Duties and Responsibilities of a Coach -Introduction to chess -HEALTH & HYGIENE TIPS -Historical background -Facilities & Equipment -Summary & Content -How to choose the right player in chess -Tips on how to train a train in chess -ASSIGNMENT Download the Chess Tutor	ROBERTO M. SALAS JR.
	Open Forum	
DAY 2 – MARCH 15, 2022		
8:00-12:00PM	Basic Principles in Chess - Chess Tutors PC Application A. History B. Purpose of the game C. Movement of pieces D. How to use chess clock E. Chess notations F. Basic Strategies like traps and how to capture the king. G. Discuss the output Using Chess Tutors	ROBERTO M. SALAS JR.
12:00-1:00PM	Lunch Break	
1:00-4:00PM	-Tips on how to conduct school base chess tournament	ROBERTO M. SALAS JR.

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	-Pairing System A.Round Robin Pairing System B.Swiss Pairing System C.Tie Breaking Rules	
Open Forum		
DAY 3 – MARCH 16, 2022		
8:00-12:00PM	Rules and Regulations in chess observed in CLRAA. Base on the PALARONG PAMBANSA Guidelines.	REYMILLE B. ZAMORA, Ed.D.
12:00-1:00PM	Lunch Break	
1:00-1:30PM	Update Regards to their Output	ROBERTO M. SALAS JR. REYMILLE B. ZAMORA, Ed.D.
1:30-3:00PM	Presentation of Outputs	ROBERTO M. SALAS JR. REYMILLE B. ZAMORA, Ed.D.
3:00-4:00PM	CLOSING PROGRAM -Awarding of Certificates	APRIL JOY S. MANIALUNG

Training Matrix for Table Tennis

DAY 1 - MARCH 14, 2022		
Time	Topic/sessions	Resource Person/Facilitator
8:00-9:30 AM	I. Introduction to Table Tennis - Brief history II. Equipment and Facilities in Table Tennis	Daisy Marie H. Flores
9:30-11:30 AM	III. Key Stage 1- Fundamental Stage The Basics of Table Tennis	John Kenneth P. Eduarte
1:00-3:00 PM	IV. Key Stage 2- Learning to Train a) Understanding nature of the game - Gripping - Ball Control - Stance - Basic Footwork - Applying Basic Skills - Block shot - Push shot - Drive	John Kenneth P. Eduarte
3:00-3:30 PM	V. Guidelines on the preparation of Outputs	Jay S. Carpio
DAY 2 – MARCH 15, 2022		
8:00-9:00 AM	Opening Prayer National Anthem Acknowledgment of Participants	Reynaldo B. Velasquez
9:00- 11:30	VI. Coaching Philosophy	Richard Ayson

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1:30- 3:00	VIII. Key Stage 3- Capacity Building - Understanding basic rules of the game - Shifting of paddle and ball use from basic to competitive - Proper Table Tennis Stance - Gripping - Service - Forehand and Backhand Footwork Drills - Return	Ricardo A. Carbungco
DAY 3 – MARCH 16, 2022		
8:00-9:00	Opening Prayer National Anthem Acknowledgment of Participants	Daisy Marie H. Flores
9:00- 12:00	IX. Key Stage 4- Proficiency - Advanced Skills and Strategies - Advanced Rules and Regulations - Advanced Officiating - Psychosocial Skills	Ricardo A. Carbungco
1:30- 2:30	X. Presentation of Outputs Open Forum	
2:30- 3:00	XI. Awarding of Certificates Closing Remarks	Ricardo A. Carbungco John Kenneth P. Eduarte

Training Matrix for Tennis

DAY 1 – March 14, 2022		
Time	Topic/sessions	Resource Person/Facilitator
9:00-9:30am	I. Introduction to Tennis and Key Stages Brief History	Jeffrey S. Baquing
9:30-11:30 am	II. Key Stage 1- Execute Fundamental movement skill patterns in sports	Jeffrey S. Baquing
1:00-3:00 PM	III. Key Stage 2- Execute fundamental movement skill patterns in sports – 1. Gripping a. Semi Western grip b. Western grip c. Eastern d. Extreme Eastern grip e. Continental grip 2. Hitting a. Backhand ground stroke b. Forehand ground stroke c. Backhand volley d. Forehand volley	Jeffrey S. Baquing

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	<ul style="list-style-type: none"> e. Serve f. Smash 3. Catching 4. Throwing 5. Stretching 6. Understanding basic rules of the game 	
3:00-3:30	Break	
	Open Forum/ Workshop	
DAY 2 – MARCH 15, 2022		
8:00-9:00am	Management of Learning (MOL)	Maryjane S. Baquing
9:00- 10:00	IV. Key Stage 3- Demonstrate Understanding of integrating physical activity behaviors in achieving an active lifestyle	Jing C. Malig
10:00-12:00	V. Coaching Philosophy	Williamson G. Canlas (Principal III Sto. Rosario Elementary School)
1:30- 3:00	VI. Key Stage 4- Demonstrate understanding of integrating physical activity behaviors and having fun while playing tennis in achieving an active and healthy lifestyle 1. Running 2. Galloping (Advanced Footwork) 3. Hitting a. Lob shot b. Smash c. Advanced forehand top spin d. Advanced backhand top spin e. Advanced serve f. Forehand under spin g. Backhand under spin h. Smash 4. Understanding comprehensive rules of the game 5. Adapting to different levels of skills of periodization	Jing C. Malig
3:00-3:30	Break	
3:30-4:30	IX. Guidelines on the preparation of Video outputs/Workshop	Jeffrey S. Baquing
DAY 3 - MARCH 16,2022		
8:00-9:00am	Management of Learning (MOL)	Maryjane S. Baquing
9:00- 12:00	Presentation of Output	Jeffrey S. Baquing
1:30- 2:30	Open Forum	

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2:30- 3:00	Awarding of Certificates	Phaula S. Tayag
	Closing Remarks	Jeffrey S. Baquing

Training Matrix for Sepak Takraw

DAY 1 - MARCH 14, 2022		
Time	Topic/sessions	Resource Person/Facilitator
9:30-10:00 am	I. Introduction to Sepaktakraw, Historical Background, Milestones, Facilities and Equipment	Cindy D. Marimla
10:00-11:30 am	II. Key Stages Key Stage 1- Fundamental Stage -Basic Sepaktakraw Skills *Focused Movement: Locomotor, Non-locomotor, Manipulative	Cindy D. Marimla
1:00-3:00 pm	III. Key Stage 2- Understanding the Nature of Sepak takraw and How it is being Played	Wilson M. Pugado
3:00-3:30 pm	Break	
3:00-4:30 pm	IV. Open Forum/Workshop	
DAY 2 - March 15, 2021		
8:00-9:00am	I. Management of Learning (MOL)	Wilbert P. Alaba
9:00- 12:00 noon	XVIII. Key Stage 3- -Understanding the Law of the Sepak takraw Understanding the Tactical and Technical Skills	Wilson M. Pugado
1:00- 2:30 pm	III. Key Stage 4- -Observing Safety Measures/Protocol in Playing Sepak takraw • Appreciation of Sports and Application of Sepak takraw (playing and officiating) skills.	Wilson M. Pugado
2:30-3:00 pm	Break	
3:00-4:30 pm	IV. Guidelines on the preparation of Video outputs/Workshop	Renz Christopher C. Galimba
DAY 3 - MARCH 16, 2022		
8:00-9:00am	I. Management of Learning (MOL)	Wilbert P. Alaba
9:00-11:00 am	II. Coaching Philosophy	Williamson G. Canlas (Principal III Sto. Rosario Elementary School)
11:00- 12:00	III. Presentation of Output	Renz Christopher C. Galimba

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noon		
1:30- 2:30 pm	V. Open Forum	
2:30- 3:00 pm	VII. Awarding of Certificates	Angelo R. Cortez

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Enclosure No. 2 to Division Memorandum No. _____, s.2022

Name	Resource Person/Facilitators/Technical Support Moderator	Position/ Station
1. Edgar L. Manabat PhD	Chief, SGOD	Chief, SGOD
2. Percival Y. Capitulo PhD	Project Manager	EPSvr-SGOD
3. Ryan Yamzon	Technical Support	MT II/MNES
4. Anna Minette D. Ayuyao	Technical Support	Teacher I/RLLMHS-SHS
5. Arvin S. Gonzales	Technical Support	Teacher III/MIS
6. Williamson G. Canlas	Resource Speaker	Principal III/SRES
7. Richard U. Ayson	Resource Speaker	Principal II/SMES
Archery		
8. Noli C. Miranda Jr.	Resource Speaker	SST-III ACNHS
9. Clarissa G. Palo	Technical Working Group	SST-III ACNHS
10. Nicole C. Quejarro	Moderator	SST-I ACNHS
11. Mary Joy D. Garcia	Moderator	SST-III ACNHS
Chess		
12. Roberto M. Salas Jr.	Resource Speaker	Teacher 1/ESES
13. Reymille B. Zamora, Ed.d	Resource Speaker	Head Teacher 1/NV15IS
14. April Joy S. Manialung	Moderator	Teacher II/SBNHS
15. Jojo F. Dizon	Moderator	Teacher III/SDES
Table Tennis		
16. Ricardo A. Carbungo	Resource Speaker	Master Teacher I/ BVRHS
17. John Kenneth P. Eduarte	Resource Speaker	Teacher I/ STIS
18. Daisy Marie H. Flores	Resource Speaker	Master Teacher I/ GBES
19. Jay S. Carpio	Technical Support	Teacher I/ STIS
20. Reynaldo B. Velasquez	Moderator	Teacher III/ FGNMHS
Tennis		
21. Jeffrey S. Baquing	Resource Speaker	Teacher III/ Marisol Bliss ES
22. Jing C. Maig	Resource Speaker	Teacher III/FGNMHS
23. Norween T. Malonzo	Technical Working Group	Teacher III/ Marisol Bliss ES
24. Maryjane S. Baquing	Technical Working Group	Master Teacher I/ JPDES
25. Phaula S. Tayag	Moderator	Teacher I/ Marisol Bliss ES
Sepak Takraw		
26. Wilson M. Pugado	Resource Speaker	Teacher III/ Sto. Rosario ES
27. Cindy D. Marimla	Resource Speaker	Teacher II/ M. Nepomuceno ES
28. Wilbert P. Alaba	Technical Working Group	Teacher I / San Ignacio ES
29. Renz Christopher C. Galimba	Technical Working Group	Teacher I /Cutcut ES
30. Angelo R. Cortez	Moderator	Teacher III/ Sapangbato ES