

Republic of the Philippines
HOUSE OF REPRESENTATIVES
SEVENTEENTH CONGRESS
First Regular Session
HOUSE BILL NO. 5005



Introduced by Honorable Cristina “Chiqui” Roa-Puno

EXPLANATORY NOTE

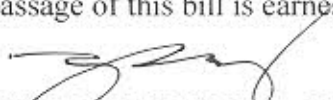
This bill seeks to require all schools, both private and public, to include in the curricula used in all levels of basic education at least two (2) hours of physical education dedicated entirely to actual physical activities.

At present, the K-12 basic education curriculum includes physical education. However, the time devoted to physical education classes is less than two (2) hours. To specify, the current curriculum provides that physical education is integrated with other subject areas in kindergarten. In Grades 1 to 6, the time allowed for physical education is only 40 minutes a week. In Grades 7 to 10, 60 minutes a week is devoted physical education. It is only in Grades 11 to 12 wherein the time allotment is 2 hours a week. Moreover, physical education in the current K-12 curriculum is not dedicated entirely to actual physical activities or sports as it also includes lectures and class discussions.

The World Health Organization recommends at least 60 minutes a day of physical activity (moderate to vigorous-intensity) for children and young people from 5-17 years old. Clearly, the current K-12 curriculum, with the meager time it allots to physical education, does not assure that Filipino children shall be provided the globally recommended exposure to physical activity.

Today, more than any other period of our history, there is a need for a re-dedication to the benefits of physical education. There is an urgent need to intensify a physical fitness and recreation program for the population at all ages and at all levels of the community in order to have a healthier citizenry. This is timely because children today, due to the advent of technology, are exposed to sedentary living patterns, emotional stress, poor dietary habits and a lack of physical activity. Moreover, physical education can likewise serve as a strong foundation for the inculcation of a national discipline.

In view of the foregoing, immediate passage of this bill is earnestly sought.


CRISTINA “CHIQUI” ROA-PUNO

Republic of the Philippines
HOUSE OF REPRESENTATIVES

SEVENTEENTH CONGRESS
First Regular Session

HOUSE BILL NO. 5005

Introduced by Honorable Cristina “Chiqui” Roa-Puno

**AN ACT TO INCLUDE IN THE CURRICULA OF ALL LEVELS OF BASIC
EDUCATION IN PUBLIC AND PRIVATE SCHOOLS AT LEAST TWO (2) HOURS OF
PHYSICAL EDUCATION A WEEK.**

Be it enacted by the Senate and House of Representatives of the Philippines in Congress assembled:

SECTION 1. **Title.** – This Act shall be known as the “*Mandatory Physical Education in Schools Act of 2016.*”

SEC. 2. **Declaration of Policy.** – It is the policy of the State to protect and promote the right to health of the people and instill health consciousness among them. Moreover, the State shall promote physical education to foster self-discipline, teamwork and excellence for the development of a healthy and alert citizenry. Further, the State recognizes the vital role of the youth in nation-building and shall promote and protect their physical, moral, spiritual, intellectual and social well-being.

SEC. 3. **Objectives.** – Pursuant to the above declarations, the State shall adopt the following objectives:

1. To elevate physical education to the status of a core subject by requiring more hours on the study of the same;
2. To instill in young citizens the proper appreciation of the importance of physical development hand in hand with mental development in individual and social activities;
3. To provide opportunities for the athletic development of children and the youth who have the competitive spirit as well as grace, coordination, stamina and strength through physical activities, such as sports, in a physical education program; and
4. To give emphasis to a well-rounded physical education program addressed to physical growth, social training and discipline for all pupils and students, as well as superior athletic achievement for those who are psychologically inclined and physically gifted.

SEC. 4. **Mandatory Physical Education.** – At least two (2) hours of physical education a week shall be included in the curricula used in levels of basic education and adopted in all schools, both public and private; *Provided*, that the entire two (2) hours mandated in this Act shall be dedicated to actual physical activity; *Provided further*, that should the Department of Education (DepEd) require time to be allotted in lectures and other non-physical activities, such time shall be in addition and on top of the two (2) hours of physical education mandated in this Act.

The DepEd is hereby authorized and directed to adopt forthwith measures to implement and carry out the provisions of this Section, including the writing and printing of appropriate primers, readers and textbooks. The DepEd shall, within sixty (60) days from the effectivity of this Act, promulgate rules and regulations, including those of a disciplinary nature, to carry out and enforce the provisions of this Act.

SEC. 5. **Curriculum.** – Within six (6) months from the effectivity of this Act, the DepEd shall conduct a review of the existing physical education curriculum in all levels of basic education and shall recommend the necessary measures that will ensure the implementation of this Act.

SEC. 6. **Obligation of Schools.** – It shall be obligatory on all schools, both private and public, to include in their criteria at least two (2) hours of physical education entirely dedicated to actual physical activity. Further, schools shall provide adequate services and facilities for physical education.

SEC. 7. **Separability Clause.** – If any provision or part of this Act is declared invalid or unconstitutional, the remaining parts or provisions not affected thereby shall remain in full force and effect.

SEC. 8. **Repealing Clause.** – Laws, rules, regulations, orders, circulars, and other issuances or parts thereof, which are inconsistent with the provisions of this Act are hereby repealed or amended accordingly.

SEC. 9. **Effectivity Clause.** – This Act shall take effect fifteen (15) days after its publication in the *Official Gazette* or in a newspaper of general circulation.

Approved,