

Republic of the Philippines
HOUSE OF REPRESENTATIVES
Quezon City

NINETEENTH CONGRESS
First Regular Session

HOUSE BILL NO. 4686



Introduced by **HON. GUS S. TAMBUNTING**

**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**

EXPLANATORY NOTE

Article II, Section 15 of the 1987 Constitution provides that, "The State shall protect and promote the right to health of the people and instill health consciousness among them."

Regular physical activity is proven to help prevent and manage non-communicable diseases (NCDs) such as heart disease, stroke, diabetes, and several cancers and also helps prevent hypertension, maintain healthy body weight, and can improve mental health, quality of life, and well-being. World Health Organization however reports that current global estimates show one in four adults and 81% of adolescents do not do enough physical activity. Considering the many benefits of physical activity and its overall impact on an individual's health, the government must adopt measures to promote physical fitness among its citizens to ensure a healthier citizenry.

For children and adolescents aged 5 to 17 years, WHO recommends at least an average of 60 minutes per day of moderate-to-vigorous intensity, mostly aerobic, physical activity, across the week. Presently, educational institutions under the K-12 basic education curriculum provide students with physical education classes but are rather limited with Grades 1-10 students only being allotted 40 minutes to 60 minutes of physical education classes each week. Moreover, these classes are also used for lectures, class discussions, and examinations, further reducing the time allotted for physical activity. Considering that students spend most of their time at school, educational institutions must ensure that they are allotted sufficient time for physical activity.

In this light, this measure seeks to require educational institutions, both private and public to incorporate at least two (2) hours of physical education a week into the curricula of students at all levels of basic education. These mandated two (2) hours shall be entirely dedicated to actual physical activities.

On behalf of the people of Parañaque City's Second District, and for the common good of the Filipino people, the approval of the said measure is earnestly sought.


REP. GUS S. TAMBUNTING
2nd District, Parañaque City

Republic of the Philippines
HOUSE OF REPRESENTATIVES
Quezon City

NINETEENTH CONGRESS
First Regular Session

HOUSE BILL NO. 4686

Introduced by **HON. GUS S. TAMBUNTING**

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.”

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. – Under 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 emphasize 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 effect 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 for 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 a newspaper of general circulation.

Approved,