



REPUBLIC OF THE PHILIPPINES
OFFICE OF THE CITY MAYOR
City of Naga



EXECUTIVE ORDER NO. 2016-048

ENHANCING THE DEPARTMENT OF EDUCATION (DEPED) SPORTS PROGRAM BY ESTABLISHING AND IMPLEMENTING THE "ONE STUDENT, ONE SPORTS" PROGRAM OF THE CITY GOVERNMENT OF NAGA ANCHORED ON THE THRUST TO BUILD A CITY OF CHAMPIONS, AND FOR OTHER PURPOSES:

- WHEREAS**, sports is a human right for all individuals regardless of age, race, social class and sex, hence, the city, schools and barangays must provide sports activities to school children to promote their good health, education and well-being;
- WHEREAS**, "One Student, One Sports" shall be anchored on the thrust to build a city of champions and will strengthen collaboration between the City of Naga and DepEd Naga as it consolidates its new and existing sports programs under one umbrella campaign;
- WHEREAS**, according to the Updating of Nutritional Status of Filipino Children conducted by the Food and Nutritional Research Institute (FNRI), with the rise of interactive technology, children are becoming less engaged in physical activities that enable them to lead a well-rounded lifestyle;
- WHEREAS**, "One Student, One Sports" shall enable the City of Naga to work closely with DepEd Naga to raise awareness about the value of physical education and sports in bringing a wealth of physical and mental benefits and teaching life values that prepare schoolchildren for a successful adulthood;
- WHEREAS**, "One Student, One Sports" is a program that encourages children to get into an active and healthy lifestyle and shall provide schoolchildren access to physical education and various sports disciplines and will also shape the city's promising athletes.

NOW THEREFORE, I, JOHN G. BONGAT, Mayor of the City of Naga, by virtue of the powers vested in me by law, do hereby order the following:

SECTION 1. LEGAL BASIS. The legal basis for the issuance of this Executive Order is Article XIV, Section 19 of the 1986 Philippine Constitution, reproduced hereunder, to wit:



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"The State shall promote physical education and encourage sports programs, league competitions, and amateur sports, including training for international competitions, to foster self-discipline, teamwork, and excellence for the development of a healthy and alert citizenry."

SECTION 2. TITLE AND OBJECTIVES. This Order for brevity shall be known as the "One Student, One Sports" Program and it aims to achieve the following objectives, to wit:

- 1) Establish and implement the "One Student, One Sports" Program to enhance the existing Sports Program of the Department of Education;
- 2) Provide the pupils/students who are athletes and non-athletes with an equal opportunity to learn, play, and enjoy various team and individual sports;
- 3) Strengthen the collaboration between the City of Naga and DepEd Naga by consolidating its new and existing sports programs under one umbrella campaign;
- 4) Raise awareness about the value of physical education and sports in bringing a wealth of physical and mental benefits and teaching life values that prepare schoolchildren for a successful adulthood;
- 5) Build a city of champions by encouraging children to get into an active and healthy lifestyle, provide schoolchildren access to physical education and various sports disciplines, and by providing standard and state-of-the-art sports equipment and facilities and scientific and elite training for national and international competitions to the city's promising athletes.

SECTION 3. IMPLEMENTING GUIDELINES ON "ONE STUDENT, ONE SPORTS" PROGRAM. To further enhance the existing Sports Program of the Department of Education (DepEd), the following procedures must be followed based on the ideas of sports experts, trainers, coaches, and sports psychologists:

- 1) Provide opportunities for students to freely and gladly choose a sport. This can be done thru the collaborative efforts of Physical Education Teachers, School Sports Coordinator, and Class Advisers during the enrolment period every school year and data collected can be used by the school in crafting a school sports development plan in coordination with the Naga City Sports Office of the City's Education, Scholarships and Sports Office (ESSO). Students must be allowed to develop naturally because they mature physically, mentally, and emotionally at different rates. Thus, students shall, upon enrolment, initially choose three (3) out of the 22 Palaro sports they like best.
- 2) A student must not then be allowed to specialize in one sports early in life because this doesn't allow for the maturation process. Instead, the child must be allowed to sample a range of sports or several physical activities (especially



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the 3 sports he/she prefers to play) before settling on one sports. School children during the early years need to discover who they are.

3) **Consider the appropriate activities:**

3a. At ages 2-5, children are beginning to master basic movements but too young for most type of organized sports, therefore, unstructured free play is usually best like:

running	dancing
climbing	playing catch with lightweight ball
kicking	pedaling a bicycle with a training wheel
tumbling	

- Doing the above activities calls for close supervision by coaches, mentors or trainers.

3b. At ages 6-7, children's coordination and attention spans improve. They are able to follow directions and understand the concept of teamwork. Organized sports activities are suggested, such as:

softball/baseball	tennis
soccer/football	track and field
gymnastics	swimming
martial arts	

3c. At age 8 and above most sports including contact sports may be acceptable as long as the student is provided with protective gear. School children must be carefully supervised during strength and conditioning training.

- 4) As a child tries various sports, teachers must stay involved and consider team assignments where children are grouped according to physical maturity and skill level.
- 5) After the developmental process of physical activities and skills training, the Physical Education teacher must prepare an inventory chart showing the sports event the children are inclined in. This will serve as a guide for teachers to provide proper direction to their specific sports specialization.
- 6) A student who is ready for a highly competitive level (Grades 3-10) must choose only one or two sports and focus solely on it until the Junior Level. At this point, the student enjoys the game and excels above all others for specialization