



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



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- in the senior high school (Grades 11-12) such as coaching, officiating, fitness and wellness, sports medicine, sports management, etc. or for college scholarships.
- 7) Emphasize on safety and participation. Consider coaching quality. Teachers/coaches/trainors must:
 - 7a. Follow the rules and use proper safety equipment.
 - 7b. Provide time to warm up and cool down before and after each practice or sports event.
 - 7c. Pay attention to hydration, humidity, and temperature during hot weather.
 - 7d. Check whether the students do the proper movement and body positioning.
 - 8) Teachers'/coaches'/trainors' style or attitude towards the game must be considered. Consistent yelling at the child or letting only the most skilled players play the game is discouraged. Beware of win at all cost attitude. The value of sportsmanship should be highly encouraged for it will teach the child how to be gracious in defeat and magnanimous in winning.
 - 9) Overall, schools must be positive and encouraging in the implementation of "One Student, One Sports" Program. However, emphasize effort, improvement, and fostering of self-discipline over winning or personal performance.
 - 10) School principals, teachers, coaches, and trainors must find time to attend sports events and practices as schedule allows and act as good models of sportsmanship. Whether a student swims, runs track or plays catch in the backyard, keep an eye on the long term goal – a lifetime of physical activity.
 - 11) Monitoring of the "One Student, One Sports" Program will be done on the following schedules:

June – July	<ul style="list-style-type: none">* Student to freely choose initially three (3) sports during enrolment period* Preparation of the available facilities and equipment* Physical Fitness Testing/Anthropometric Testing* Training of Coaches & Trainors
Aug – Sept Kinder	<ul style="list-style-type: none">* Exploratory activities/Free play for Pre-School &* Team games/Contact games for Grade 6 and above* Checking of the Sports Inventory Chart* Sports Caravan (school & barangay level)* Participation of students in school intramurals



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| Oct – Jan | <ul style="list-style-type: none">* Participation of students in Inter-School Sports Events/Competitions* Participation of students in district meet & city meet* Live-in & live-out concentration training of city athletes* Participation of Naga City athletes in Batang Pinoy and other national and international sports events |
| February | <ul style="list-style-type: none">* Participation of Naga City athletes in Palarong Bikol* Post Physical Fitness Test (PFT)* From three (3) sports, student to choose one (1) he/she |
| wants | to concentrate in |
| March – May | <ul style="list-style-type: none">* Live-in & live-out concentration training of city athletes |
| for | Palarong Pambansa |
| Pambansa | <ul style="list-style-type: none">* Participation of Naga City athletes in Palarong* Summer Sports Camp* Inter-Barangay Sports Festival* Training of Coaches & Trainors |

The above schedule of activities is without prejudice to other regular tournaments in selected disciplines being undertaken or conducted by the city government by itself or in collaboration with DepEd and other institutions or organizations, whether public or private.

SECTION 4. FUNCTIONS AND RESPONSIBILITIES OF LGU - NAGA, DEPED – NAGA, AND THE TWENTY SEVEN (27) BARANGAY COUNCILS OF THE CITY. LGU – Naga, DepEd – Naga, and the twenty seven (27) barangay councils of the city shall have the following functions and responsibilities.

A. ROLE OF LGU – NAGA. These are the functions and responsibilities of LGU-Naga:

- a) Provide playgrounds, sports facilities and equipment to schools and student – athletes;
- b) Provide qualified and competent trainors and coaches that shall train and develop students and promising athletes;
- c) Hold or conduct Inter-School Sports Competitions in collaboration with DepEd Naga and schools;



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- d) Support the Physical Fitness Testing or Anthropometric Testing of student – athletes;
- e) Provide supplemental funding and support for the training of teacher – coaches and trainers;
- f) Help develop the Sports Inventory Chart and periodically check it in close coordination with DepEd Naga;
- g) Conduct sports caravan in schools and barangays of the city;
- h) Support the conduct of school intramurals, district and city meet;
- i) Provide necessary funding and support in the training and participation of student – athletes of the city in Palarong Bikol, Palarong Pambansa, Batang Pinoy National Championships, and other national and international sporting events;
- j) Conduct of Summer Sports Camp and Inter-Barangay Sports Festival;
- k) With the guidance of the Technical Working Group (TWG) of the Education, Scholarships and Sports Office (ESSO) of the City Government of Naga, identify public elementary and high schools as either Centers for Development or Centers of Excellence in one or more field/s of sports, based on existing facilities and talent pool of enrolled student-athletes;
- l) Implement city ordinances and executive issuances strengthening and supporting the city's sports development program and action plan.

B. ROLE OF DEPED – NAGA. These are the functions or responsibilities of DEPED-Naga:

- a) Issue a DepEd Division Memorandum to all public and private elementary and secondary schools in the city encouraging strong support and immediate implementation of "One Student, One Sports" Program particularly Section 3 of the said Order;
- b) Identify qualified and competent teacher - coaches and trainers that shall train and develop students and promising athletes;
- c) Support and help the city in the implementation of city ordinances and executive issuances strengthening and supporting the city's sports development program and action plan;
- d) Conduct the Physical Fitness Testing or Anthropometric Testing of student – athletes in close coordination with LGU - Naga;
- e) Be the partner and supporter of the city in the staging of Inter-School Sports Competitions;
- f) Develop the Sports Inventory Chart and periodically check it in close coordination with LGU – Naga;



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- g) Make available for use of LGU – Naga the sports facilities within the public school premises in support of the conduct of Inter-Barangay Sports Festival and Inter-School Sports Competitions;
- h) Conduct school intramurals, district meet, and city meet in partnership with LGU – Naga; and
- i) Issue Division Memorandum to all public and private elementary and secondary schools in the city encouraging strong support and participation in all city sponsored sports competition and events which require participation of student – athletes of the city.

C. TWENTY SEVEN (27) BARANGAY COUNCILS OF THE CITY. It is the function and responsibility of the twenty seven (27) barangay councils of the city to:

- a) Make available existing playgrounds, sports facilities and equipment for use of schools and student – athletes;
- b) Help identify qualified and competent trainers and coaches that shall train and develop students and promising athletes;
- c) Support the conduct of Inter-School Sports Competitions by providing transportation assistance and any form of support to schools and participating student – athletes;
- d) Support the Physical Fitness Testing or Anthropometric Testing of student – athletes;
- e) Provide supplemental funding and support for the training of selected trainers and coaches who are resident/s of the barangay;
- f) Conduct sports caravan in schools and barangays of the city;
- g) Support the conduct of school intramurals, district and city meet;
- h) Support the conduct of Summer Sports Camp and Inter-Barangay Sports Festival; and
- i) Implement city ordinances and executive issuances strengthening and supporting the city's sports development program and action plan and allocate necessary funding chargeable against the Barangay Youth and Sports Development Fund and Barangay Council for the Welfare and Protection of Children Fund.

SECTION 5. INFORMATION DISSEMINATION. The Education, Scholarships and Sports Office (ESSO) and the City Events, Protocol and Public Information Office (CEPPIO) shall conduct a massive information dissemination campaign about this Program using all means available that would include the participation and support of the print and broadcast media.



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A correspondence containing this Program shall be sent to School Principals or School Presidents/Directors of all public and private elementary and secondary schools. Posting in their respective bulletin boards shall likewise be made.


SECTION 6. FUND ALLOCATION. The amount necessary to effectively implement this Program is hereby allocated chargeable against the Special Education Fund (SEF) under the Physical Education and School Sports Fund. The twenty seven (27) barangay councils of the city are also enjoined to allocate counterpart funds to facilitate the implementation of this Order.

SECTION 7. EFFECTIVITY. This Executive Order shall take effect immediately.

Issued this 4th day of November 2016 in the City of Naga, Philippines.


JOHN G. BONGAT
City Mayor

Attested:


FLORENCIO T. MONGOSO, JR. CSEE
Department Head II and Acting City Administrator