

Republic of the Philippines
HOUSE OF REPRESENTATIVES
Quezon City



EIGHTEENTH CONGRESS
First Regular Session

HOUSE BILL NO. 212

INTRODUCED BY HON. ROBERTO "ROBBIE" V. PUNO

EXPLANATORY NOTE

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.

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.

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 allotment for physical education is only 40 minutes a week. In Grades 7-10, the time allotted is 60 minutes a week. It is only in Grades 11 to 12 wherein the time allotment is 2 hours a week. Further, the time allotted for physical education is not dedicated entirely to actual physical activities or sports as it also includes lectures and class discussions.

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.

This proposal 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.


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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:

1 SECTION 1. **Title.** – This Act shall be known as the “*Mandatory Physical Education in*
2 *Schools Act of 2016.*”
3

4 SEC. 2. **Declaration of Policy.** – It is the policy of the State to protect and promote the right
5 to health of the people and instill health consciousness among them. Moreover, the State shall promote
6 physical education to foster self-discipline, teamwork and excellence for the development of a healthy
7 and alert citizenry. Further, the State recognizes the vital role of the youth in nation-building and shall
8 promote and protect their physical, moral, spiritual, intellectual and social well-being.
9

10 SEC. 3. **Objectives.** – Pursuant to the above declarations, the State shall adopt the following
11 objectives:
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13 1. To elevate physical education to the status of a core subject by requiring more hours on
14 the study of the same;
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16 2. To instill in young citizens the proper appreciation of the importance of physical
17 development hand in hand with mental development in individual and social activities;
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19 3. To provide opportunities for the athletic development of children and the youth who
20 have the competitive spirit as well as grace, coordination, stamina and strength through physical
21 activities, such as sports, in a physical education program; and
22

23 4. To give emphasis to a well-rounded physical education program addressed to physical
24 growth, social training and discipline for all pupils and students, as well as superior athletic
25 achievement for those who are psychologically inclined and physically gifted.
26

27 SEC. 4. **Mandatory Physical Education.** – At least two (2) hours of physical education a week
28 shall be included in the curricula used in levels of basic education and adopted in all schools, both
29 public and private; *Provided*, that the entire two (2) hours mandated in this Act shall be dedicated to
30 actual physical activity; *Provided further*, that should the Department of Education (DepEd) require

1 time to be allotted in lectures and other non-physical activities, such time shall be in addition and on
2 top of the two (2) hours of physical education mandated in this Act.

3
4 The DepEd is hereby authorized and directed to adopt forthwith measures to implement and
5 carry out the provisions of this Section, including the writing and printing of appropriate primers,
6 readers and textbooks. The DepEd shall, within sixty (60) days from the effectivity of this Act,
7 promulgate rules and regulations, including those of a disciplinary nature, to carry out and enforce the
8 provisions of this Act.

9
10 SEC. 5. **Curriculum.** – Within six (6) months from the effectivity of this Act, the DepEd shall
11 conduct a review of the existing physical education curriculum in all levels of basic education and
12 shall recommend the necessary measures that will ensure the implementation of this Act.

13
14 SEC. 6. **Obligation of Schools.** – It shall be obligatory on all schools, both private and public,
15 to include in their criteria at least two (2) hours of physical education entirely dedicated to actual
16 physical activity. Further, schools shall provide adequate services and facilities for physical education.

17
18 SEC. 7. **Separability Clause.** – If any provision or part of this Act is declared invalid or
19 unconstitutional, the remaining parts or provisions not affected thereby shall remain in full force and
20 effect.

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

24
25 SEC. 9. **Effectivity Clause.** – This Act shall take effect fifteen (15) days after its publication
26 in the *Official Gazette* or in a newspaper of general circulation.

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28 Approved,