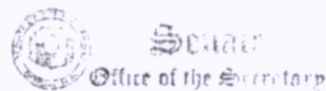


EIGHTEENTH CONGRESS OF THE )  
REPUBLIC OF THE PHILIPPINES )  
*First Regular Session* )



'19 OCT 14 P3:58

**SENATE**

S. No. 1121

RECEIVED BY: \_\_\_\_\_

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**Introduced by SENATOR RAMON BONG REVILLA, JR.**

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**AN ACT  
PROVIDING FOR THE MANDATORY INCLUSION OF ANTI-OBESITY  
EDUCATION PROGRAM AND EXERCISE INCLUDING PLAY AND  
TRADITIONAL GAMES, IN THE PRE-SCHOOL, ELEMENTARY AND HIGH  
SCHOOL CURRICULA, BOTH IN PUBLIC AND PRIVATE SCHOOLS AND  
EDUCATIONAL INSTITUTIONS AND FOR OTHER PURPOSES**

**EXPLANATORY NOTE**

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

The awareness, appreciation and responsibility of a person to his own health should start at a young age to build a strong foundation of healthy lifestyle and to encourage prevention of illnesses.

According to the 8<sup>th</sup> National Nutrition Survey conducted by the Food and Nutrition Research Institute (FNRI) of the Department of Science and Technology (DOST) from June 2013 to April 2014, 5% of children aged 0-5 years old were overweight. For older children in the age of 5.08 to 10 years old, 9.1% are overweight while for children 10.08 to 19 years old, 8.3% are overweight. The most alarming rate is for adults 20 years old and above where 31.1% are overweight or obese.

The study further reveals that, "overweight and obese prevalence among the 0-5 year-old is going up at an average of 0.17%-points per year for the past 24 years" and "among the school-age and adolescent groups, overweight prevalence increases at an average of 0.33%-points and 0.34%-points per year, respectively for the past 10 years."

This measure seeks to promote health and wellness of Filipino students by making it mandatory to include anti-obesity education program and exercise including play and traditional Filipino games in the educational curricula.

Similar measures were filed during the previous Congresses but were not enacted into law.

In this light, the immediate passage of this bill is highly recommended.

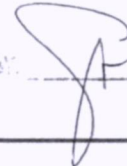
  
**RAMON BONG REVILLA, JR.**

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

1 Section 1. *Short Title.* – This Act shall be known as the "*Anti-Obesity Education*  
2 *Program Act of 2019*".

3 Sec. 2. *Declaration of Policy.* – It is the policy of the State to protect and  
4 promote the right to health of the people and instill health consciousness among them.  
5 The State likewise recognizes the vital role of the youth in nation-building and shall  
6 promote and protect their physical, moral, spiritual, intellectual, and social well-being.

7 In view of this, physical education and sports programs are promoted and  
8 encourages, not only to foster self-discipline, teamwork, and excellence, but also for  
9 the development of a healthy and alert citizenry.

10 Sec. 3. *Definition of Terms.* – The following terms, when used in this Act, shall  
11 mean:

12 (a) "*Child*" – a human between the stages of birth and puberty and below  
13 eighteen (18) years of age;

14 (b) "*Department*" – the Department of Education (DepEd);



1 (c) *Institution* – school or learning/educational facility whether public or  
2 private;

3 (d) *Secretary* - the Secretary of the Department of Education;

4 (e) *Special Physical Education* – specially designed instruction, at no cost to  
5 the parents, to meet the unique needs of a child with a disability; and,

6 (f) *Student* – minor duly enrolled in a learning/educational institution.

7 Sec. 4. *Exercise and Physical Activities and Programs.* – Exercise and physical  
8 activities and programs shall include, but are not limited to:

9 (a) Fitness education and assessment to help students understand, improve  
10 and maintain their physical well-being;

11 (b) Instruction in a variety of motor skills and physical activities designed to  
12 enhance the physical, mental, social and emotional development of every  
13 student;

14 (c) Development of, and instruction in, cognitive concepts about motor skill and  
15 physical fitness that support a lifelong healthy lifestyle;

16 (d) Opportunities to develop positive and social cooperative skills through  
17 physical activity participation;

18 (e) Instruction in healthy eating habits and good nutrition;

19 (f) Opportunities for social development for teachers of physical education to  
20 stay abreast of the latest research, issues and trends in the field of physical  
21 education.

22 Sec. 5. *Department of Education as Implementing Agency.* – The Department  
23 of Education (DepEd) shall be the lead agency to provide rules and regulations in  
24 relation to this Act and ensure the implementation of the same. The physical  
25 education and sports in pre-school institutions, grade school and high school are an  
26 integral part of the educational process and will be carried out by programs of the  
27 Department, in coordination with the appropriate agencies, consisting of groups from  
28 the government and non-government organizations.

29 Sec. 6. *Physical Education Requirements.* – The following shall be the  
30 requirements for Physical Education programs with respect to each educational level:

31 (a) Pre-School and Kindergarten – The program shall be designed to help  
32 children to work and play with others, to express themselves, to learn to

1 use and manage their bodies, and to extend their interests and  
2 understanding of the world around them. It shall also protect and increase  
3 the physical well-being of students with attention given to experiences  
4 relating to the development of life skills and human growth and  
5 development.

6 (b) Elementary – Physical Education instruction shall include movement  
7 experiences and body mechanics, fitness and rhythmic activities, increased  
8 cardiovascular endurance, muscular strength, and sports and games.

9 (c) High School – Physical Education shall include activities that increase  
10 cardiovascular endurance, muscle strength and flexibility, and sports and  
11 games.

12 *Sec. 7. Hours of Physical Activity.* – Hours of mandatory physical activity shall  
13 be implemented in the following manner:

14 (a) For Pre-School, Kindergarten and Elementary students – Two hundred (200)  
15 minutes each ten (10) days;

16 (b) For High School students – Four hundred (400) minutes each ten (10) days  
17 or one hundred fifty (150) hours of physical activity weekly with the  
18 equivalent of thirty (30) minutes of physical activity daily.

19 *Sec. 8. Extracurricular Sports Activities.* – The schools and educational  
20 institutions shall provide programs for continuation of sport classes after completion  
21 of mandatory physical education.

22 The extracurricular sports activities of the students are voluntary and shall be  
23 organized through the sports department as supervised by the designated department  
24 head as appointed by the school principal or director, and shall be conducted by  
25 professionally trained teachers and coaches.

26 The extracurricular training and competition activities of the students is  
27 voluntary and shall be organized by the school sports clubs, school sports departments  
28 and teams.

29 *Sec. 9. The Sports Director, Sports Department Faculty and their Qualifications.*  
30 – A Sports Director shall be appointed by the school or educational institution's  
31 principal or director. The Sports Director shall possess the skills, knowledge,  
32 understanding and competence necessary to effectively and safely plan, deliver, and



1 evaluate a programme of activities to a class or group of young people in methods  
2 approved through regular and accepted good practice. His faculty shall be composed  
3 of qualified individuals having the experience and training, and likewise assessed,  
4 accredited and certified to a level at which planning and delivery of activities being  
5 undertaken may reasonably be expected to have successful outcomes.

6 Some aspects of physical education have a high level or risk and required  
7 awareness and a higher duty of care is expected and should be exercised by the  
8 physical education teachers. The standard of care required of a teacher has been as  
9 that of a reasonably prudent parent, judged not in the context of the home but that  
10 of a school.

11 All teachers of physical education shall be adequately prepared and shall  
12 regularly participate in professional development activities to effectively deliver the  
13 physical education program.

14 Sec. 10. *Sports Infrastructure.* – The schools and educational institutions shall  
15 create, maintain and develop necessary and suitable sport facilities and equipment for  
16 practicing and engaging in physical activities and sports and shall provide conditions  
17 for their adequate use within the frames of the curriculum and other extracurricular  
18 activities of physical education and sports.

19 Sec. 11. *Physical Education Exemptions.* – Students who are already engaged  
20 in extracurricular physical activities sanctioned by the school or institution are  
21 exempted from participating in the required hours of physical activity under this Act:  
22 *Provided,* That they obtain authorization / documentation from the instructors or  
23 coaches of their respective extracurricular activities and as approved by the school  
24 principal / director.

25 Students who do not fall under the criteria set in the preceding paragraph must  
26 take at least one (1) remedial course, as provided by the Sports Director of the school  
27 or institution.

28 Sec. 12. *Special Physical Education.* – Children with specific disabilities or  
29 developmental delay shall also participate in Special Physical Education. This specially-  
30 designed physical education program shall be outlined in the child's Individual  
31 Education Program (IEP).

32 Individual Education Program (IEP).

1 Special physical education will develop:

- 2 (a) Physical and motor fitness;
- 3 (b) Fundamental motor skills and patterns;
- 4 (c) Skills in aquatics and dance;
- 5 (d) Individual and group games; and,
- 6 (e) Sports.

7 *Sec. 13. Physical Education Program Assessment.* – All schools and educational  
8 institutions under the jurisdiction of the Department shall administer a Physical  
9 Education Program Assessment as approved by the Secretary. Assessment of students  
10 in pre-school, kindergarten, elementary and high school must be used to assess the  
11 effectiveness of the school or institution's physical education program and its  
12 adherence to the rules, regulations and standards issued by the Department. The  
13 Department shall develop a procedure of calculating a school or institution's physical  
14 education program effectiveness score. This score shall be submitted to the  
15 Department through the Secretary, and the same to be published in a newspaper of  
16 general circulation.

17 Physical education teachers who receive an unsatisfactory score pursuant to  
18 the immediately preceding paragraph, will be provided with professional development  
19 activities designed to assist the school or institution in improving its programs'  
20 effectiveness.

21 *Sec. 14. Separability Clause.* – If any provision or part hereof is held invalid or  
22 unconstitutional, the remainder of the law or the provision or part not otherwise  
23 affected shall remain valid and subsisting.

24 *Sec. 15. Repealing Clause.* – Any law, presidential decree or issuance,  
25 executive order, letter of instruction, administrative order, rule, or regulation contrary  
26 to or inconsistent with the provisions of this Act are hereby repealed, modified, or  
27 amended accordingly.

28 *Sec. 16. Effectivity.* – This Act shall take effect fifteen (15) days after its  
29 publication in the *Official Gazette* or in a newspaper of general circulation.

30  
31 *Approved,*