

## Physical Fitness Activities for Elementary School Pupils of Matacon Elementary School

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**Abstract :** This study dealt with the physical fitness activities for elementary school pupils of Matacon Elementary School, Polangui South District, Albay Division are presented in this chapter. Specifically, it looked into the pre-post test performance based on the Physical Fitness Test which were subjected to statistical significant test of difference including health- and skill-related improvement. Finally, it came up with physical fitness activities to improve the physical fitness performance of the pupils. The descriptive method through survey using questionnaire-checklist, unstructured interview and document(ary) analysis were utilized in this research. There were 171 grades five and six pupil participants in this undertaking.

**Keywords :** Matakon, fitness acitivities, elementary schools, physical fitness of pupils

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