Abstract: This study aimed at the documentation and validation of indigenous games for teaching physical fitness skills based on the prescribed physical education curriculum in the Junior High Schools.

Specifically, it determined the: 1) indigenous games that can be used to develop physical fitness skills, 2) physical fitness skills that are developed in the indigenous games, 3) teaching material that can be developed in teaching indigenous games and 4) validity of the teaching material in terms of: objectives, content, activities, resources needed, assessment procedures, and instructional characteristics.

The study used the research and development methodology which involved the following stages in R and D cycle: planning stage, development stage, and validation stage.

All MAPEH teachers in the DepEd schools division of Ilocos Norte, education program supervisor in MAPEH, head teacher in MAPEH and sports coordinator as well as MAPEH teacher of MMSU-CTE served as respondents of this research. The researcher used a survey questionnaire to determine the profile of the respondents, checklist to determine the physical fitness skills developed in each of the indigenous games and content validation rating scale. An interview guide was also used to gather basic information about the history of the games in the locality. Frequency count and means were used in quantifying the panel of experts’ evaluation of the objectives, content, activities, resources needed, assessment procedures and instructional characteristics of each game.