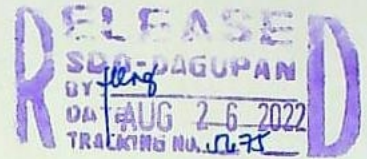




Republic of the Philippines
Department of Education

REGION I
SCHOOLS DIVISION OFFICE DAGUPAN CITY



Office of the Schools Division Superintendent

DIVISION MEMO No. 307, s. 2022

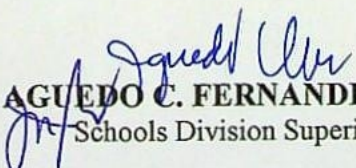
To: Asst. Schools Division Superintendent
Chief of the SGOD & CID
Education Program Supervisors
Public School District Supervisors
Public Elementary and Secondary School Heads
All other Concerned

From: **AGUEDO C. FERNANDEZ, CESO V**
Schools Division Superintendent

Date: August 26, 2022

Subject: **IMPLEMENTATION OF GALAW PILIPINAS: THE DEPED NATIONAL CALISTHENICS
EXERCISE PROGRAM**

1. Pursuant to Regional Memorandum No. 952, s. 2022 and Advisory from the Undersecretary for Curriculum and Instruction, Jose Ernesto B. Gaviola, all schools and offices of the Department of Education are reminded of the DepEd Order No. 60, s. 2021 regarding the Implementing Guidelines of Galaw Pilipinas: The DepEd National Calisthenics Exercise Program particularly on the opening of classes on August 22, 2022.
2. Anent to this, each school is requested to submit a video of performances following the Galaw Pilipinas Guidelines on or before September 30, 2022 at <https://tinyurl.com/sdodcgalawpilipinas>.
3. Attached are RM 952 s. 2022 and Advisory for reference.
4. For information, guidance and compliance.


AGUEDO C. FERNANDEZ, CESO V
Schools Division Superintendent



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Republic of the Philippines
Department of Education
REGION I



Office of the Regional Director


REGIONAL MEMORANDUM
No. 952, s. 2022

AUG 25 2022

**IMPLEMENTATION OF GALAW PILIPINAS: THE DEPED NATIONAL
CALISTHENICS EXERCISE PROGRAM**

To: Schools Division Superintendents

1. Relative to the Advisory from the Undersecretary for Curriculum and Instruction, Jose Ernesto B. Gaviola, all schools and offices of the Department of Education are reminded of the DepEd Order No. 60, s. 2021 regarding the Implementing Guidelines of Galaw Pilipinas: The DepEd National Calisthenics Exercise Program particularly on the opening of classes on August 22, 2022.
2. Anent this, each Schools Division Office is requested to submit a video of collated schools' performances following the Galaw Pilipinas Guidelines on or before October 18, 2022 at <https://tinyurl.com/GalawPilipinasPerformances>.
3. Please see attached Advisory for reference.
4. For information, guidance and compliance.


TOLENTINO G. AQUINO
Director IV

Encl: As stated
Reference: CO Advisory
To be included in the Perpetual Index
Under the following subjects:

CALISTHENICS
GALAW PILIPINAS

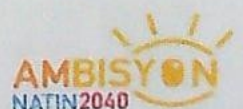
EXERCISE
IMPLEMENTATION

CLMD/eac/jed/RM_ImplementationOfGalawPilipinas:DepEdNat'lCalisthenicsExerciseProgram
August 18, 2022

DepEd Region 1: Built on character; empowered by competence.



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Republic of the Philippines
Department of Education
UNDERSECRETARY FOR CURRICULUM AND INSTRUCTION

DEPARTMENT OF EDUCATION
RECEIVED
RECORDS SECTION, REGIONAL OFFICE NO. 1

AUG 12 2022

BY:

TIME: 8:30

ADVISORY
ON THE IMPLEMENTATION OF GALAW PILIPINAS: THE DEPED NATIONAL CALISTHENICS EXERCISE PROGRAM

Relative to the opening of classes on August 22, 2022, please be reminded of the DepEd Order 60, s. 2021 regarding the implementing Guidelines of *Galaw Pilipinas*: The DepEd National Calisthenics Exercise Program as stipulated below:

"a. Galaw Pilipinas shall be performed by all elementary and secondary learners under any of the learning delivery modalities. During face-to-face learning, Galaw Pilipinas shall be performed by the learners and the entire school community in every flag raising ceremony, flag retreat, or before the start of the class. Likewise, Galaw Pilipinas shall be part of demonstration activities, school foundation day, and other school/CLC-initiated activities. However, given the challenges and risks brought by COVID-19, carefully planned health standards and stringent enforcement shall be observed to ensure the safety of the learners, teachers, other stakeholders, and community. Under the distance learning delivery modality, Galaw Pilipinas shall be performed by all learners as stipulated in the weekly home learning plan provided by the teachers.

b. The learners are advised to wear comfortable clothes when performing Galaw Pilipinas. When face-to-face classes resume, learners may wear their P.E. uniforms (if available) or jogging pants, t-shirt, and rubber shoes.

c. The steps/movement patterns shall be taught during PE classes to highlight proper execution whether in face-to-face or distance learning delivery modality. The origin/history of these movements shall also be taught to enhance cultural awareness among learners."

Further, the official instructional and promotional videos of *Galaw Pilipinas* may be accessed through: <https://tinyurl.com/DepED-Galaw-Pilipinas>.

Immediate dissemination of this advisory is desired.

JOSE ERNESTO B. GAVIOLA
Undersecretary for Curriculum and Instruction

