



Republic of the Philippines  
**Department of Education**  
REGION VII - CENTRAL VISAYAS  
SCHOOLS DIVISION OF NEGROS ORIENTAL

**Office of the Schools Division  
Superintendent**

**09 MAR 2022**

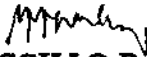
DIVISION MEMORANDUM

No. 200, s. 2022

**Virtual Orientation on DepEd Order No. 60 s. 2021- Guidelines on Galaw Pilipinas:  
The DepEd National Calisthenics Exercise Program**

To: Assistant Schools Division Superintendents  
Chief, CID and SGOD  
Education Program Supervisors  
Public Schools District Supervisors  
Elementary and Secondary School Heads  
All Others Concerned

1. Attached is Regional Memorandum No. 0189, s. 2022 informing the field on the Virtual Orientation on DepEd Order No. 60 s. 2021- Guidelines on Galaw Pilipinas: The DepEd National Calisthenics Exercise Program on March 14, 2022 at 8:30 a.m. via MS Teams platform. Furthermore, the participants to this orientation are the Chief Education Program Supervisor of Curriculum Implementation Division, Division Education Program Supervisor in MAPEH/SPS, School Heads of Implementing Units, contents of which are self-explanatory for the information and guidance of all concerned.
2. For more details, refer to the attached enclosures.
3. Wide dissemination of this Memorandum is desired.

  
**SENEN PRISCILLO P. PAULIN, CESO V**  
Schools Division Superintendent  
Office of the Schools Division Superintendent  
18/3/22

SPP/JMA-MKP-NLR/CID/NLR/dpa  
March 8, 2022



**Address:** Kagawanan Avenue, Capitol Area, Daro, Dumaguete City  
**Telephone Nos.:** (035)225-2838 / 225-2376 / 422-7644  
**Email Address:** negros.oriental@deped.gov.ph



Republic of the Philippines  
**Department of Education**  
REGION VII - CENTRAL VISAYAS

**Office of the Regional Director**


REGIONAL MEMORANDUM

No. \_\_\_\_\_, s. 2022

**Virtual Orientation on DepEd Order No. 60 s. 2021 – Guidelines on Galaw Pilipinas:  
The DepEd National Calisthenics Exercise Program**

To: Schools Division Superintendents  
Assistant Schools Division Superintendents  
All Others Concerned

1. Pursuant to DepEd Order No. 60 s. 2021, the Department of Education, through the Bureau of Curriculum Development – Special Curricular Programs Division, shall conduct the Virtual Orientation on DepEd Order No. 60 s. 2021- Guidelines on Galaw Pilipinas: The DepEd National Calisthenics Exercise Program on March 14, 2022 at 8:30 a.m. via MS Teams platform.
2. The participants to this orientation are the Chief Education Supervisors of Curriculum and Learning Management Division and Curriculum Implementation Division, Regional and Division Education Program Supervisors in MAPEH/SPS, and selected School Head. See attached enclosure for reference.
3. Immediate dissemination of and compliance with this Memorandum is directed.

  
**SALUSTIANO T. JIMENEZ, JD, EdD, CESO V**  
Director IV  
Regional Director

SGO/CAE/CLMD/MJCD/JPN/22



Address: Doña M. Gaisano St., Sudlon, Lahug, Cebu City  
Telephone Nos.: (032) 231-1433; (032) 414-7399  
Email Address: region7@deped.gov.ph

**Virtual Orientation on DepEd Order No. 60 s. 2021 – Guidelines on Galaw Pilipinas:  
The DepEd National Calisthenics Exercise Program  
March 14, 2022 @ 8:30 a.m. via MS Teams**

**REGION VII PARTICIPANTS**

<b>Name</b>	<b>Position</b>	<b>Division</b>
1. Maria Jesusa C. Despojo	CLMD Chief	CLMD
2. Cherry Catadman	CID Chief	Bais City
3. Lorenzo Arcon	CID Chief	Bayawan City
4. Jocelyn M. Conta	CID Chief	Bogo City
5. Carmela Restificar	CID Chief	Bohol
6. Brenda L. Pasquill	CID Chief	Canlaon City
7. Mary Jane Powao	CID Chief	Carcar City
8. Grecia Bataluna	CID Chief	Cebu City
9. Mary Ann Flores	CID Chief	Cebu Province
10. Genda De Gracia	CID Chief	City of Naga
11. Lilia Ybanez	CID Chief	Danao City
12. Juditha O. Mapue	CID Chief	Dumaguete City
13. Enrique Retes	CID Chief	Guihulngan City
14. Oliver Tuburan	CID Chief	Lapulapu City
15. Jaime Ruelan	CID Chief	Mandaue City
16. Nilita Ragay	CID Chief	Negros Oriental
17. Marlou Maglinao	CID Chief	Siquijor
18. John Ariel Lagura	CID Chief	Tagbilaran City
19. Elvira Vergara	CID Chief	Talisay City
20. Glenda Catacutan	CID Chief	Tanjay City
21. Ma. Kenneth Nengasca	CID Chief	Toledo City
22. Juvelyn P. Otero	MAPEH EPSvr	CLMD
23. Arturo F. Adriatico Jr.	MAPEH EPSvr	Bais City
24. Andrito Q. Bajardo	MAPEH EPSvr	Bayawan City
25. Jeanylette C. Ayson	MAPEH EPSvr	Bohol
26. Philip A. Nacario	MAPEH EPSvr	Carcar City
27. Renezar T. Ferolino	MAPEH EPSvr	Cebu City
28. Nenita G. Jaralve	MAPEH EPSvr	Cebu Province
29. Brigith C. Jugasan	MAPEH EPSvr	City of Bogo
30. Alberto S. Aurestila	MAPEH EPSvr	City of Naga
31. Valentin L. Jacobe	MAPEH EPSvr	Danao City
32. Rosenie B. Saraña	MAPEH EPSvr	Dumaguete City
33. Emilia M. Baydal	MAPEH EPSvr	Guihulngan City
34. March C. Mandal	MAPEH EPSvr	Lapu-Lapu City
35. Niño G. Matillano	MAPEH EPSvr	Mandaue City
36. Dan P. Alar	MAPEH EPSvr	Negros Oriental
37. Earl J. Aso	MAPEH EPSvr	Siquijor
38. Alberto A. Lacang	MAPEH EPSvr	Tagbilaran City
39. Kent D. Medallo	MAPEH EPSvr	Talisay City
40. Susie D. Ramirez	MAPEH EPSvr	Tanjay City
41. Loida L. Allego	MAPEH EPSvr	Toledo City
42. Jovito U. Ocag	MAPEH EPSvr	Canlaon City
43. Jenith C. Cabajon	SPS Division Coord.	Negros Oriental
44. Normando L. Panilag	Principal III	Cebu City



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## Department of Education

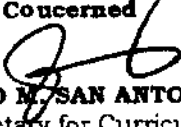
OFFICE OF THE UNDERSECRETARY FOR CURRICULUM AND INSTRUCTION

BCD-SCPD-O-2022-2642

**MEMORANDUM**  
**DM-CI-2022-055**

**TO :** Minister, Ministry of Basic, Higher and Technical Education, BARMM  
All Regional Directors

**ATTENTION:** Schools Division Superintendents  
Chief Education Supervisors  
Regional and Division Supervisors  
All Others Concerned

**FROM :**  **DIOSDADO M. SAN ANTONIO**  
Undersecretary for Curriculum and Instruction *7/11/2022*

**SUBJECT :** Virtual Orientation on DepEd Order No. 60, s. 2021—  
Guidelines on Galaw Pilipinas: The DepEd National Calisthenics Exercise Program

**DATE :** March 2, 2022

Relative to the release of **DepEd Order No. 60, s. 2021** titled “Guidelines on Galaw Pilipinas: The DepEd National Calisthenics Exercise Program,” the Department of Education, through the Bureau of Curriculum Development-Special Curricular Programs Division, shall conduct the **Virtual Orientation on DepEd Order No. 60, s. 2021—Guidelines on Galaw Pilipinas: The DepEd National Calisthenics Exercise Program** on **March 14, 2022 at 8:30 a.m.** via **MS Teams platform**.

This orientation specifically aims to:

- discuss the Guidelines for Galaw Pilipinas: The DepEd National Calisthenics Exercise Program; and
- address issues and concerns regarding the implementation of Galaw Pilipinas.

The expected participants for this orientation are the Chief Education Supervisors of Curriculum and Learning Management Division (CLMD) and Curriculum Implementation Division (CID), Regional and Division Education Program Supervisors in-charge of Music, Arts, Physical Education, and Health (MAPEH)/Special Program in Sports (SPS), and selected School Heads.

The matrix of activities and allotted number of participants per region are provided in **Annexes A and B** for your reference. The regional office is requested to send the confirmation of their participants using the template in **Annex C** to email address:



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## Department of Education

OFFICE OF THE UNDERSECRETARY FOR CURRICULUM AND INSTRUCTION

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[harold.espiritu@deped.gov.ph](mailto:harold.espiritu@deped.gov.ph) on or before March 8, 2022. Likewise, participants are requested to register at <https://bit.ly/galawpilipinas> on or before **March 10, 2022** to receive the meeting details via e-mail.

For your reference, the DepEd Order No. 60, s. 2021 can be downloaded through the DepEd website while the promotional and instructional videos of this exercise can be accessed through the following link: <https://tinyurl.com/DepED-Galaw-Pilipinas>.

For coordination and inquiries, please contact Mr. Harold D. Espiritu, SPS Focal Person at the above email address or Mr. Restituto M. Mendoza, SPS Focal Person through email at [restituto.mendoza001@deped.gov.ph](mailto:restituto.mendoza001@deped.gov.ph).

Immediate and wide dissemination of this memorandum is requested.



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## Department of Education

OFFICE OF THE UNDERSECRETARY FOR CURRICULUM AND INSTRUCTION

**Annex A**

**Virtual Orientation on DepEd Order No. 60, s. 2021—Guidelines on Galaw Pilipinas: The DepEd National Calisthenics Exercise Program**  
March 14, 2022, 8:30 AM  
via MS Teams

### ACTIVITY MATRIX

8:30-8:45	National Anthem Invocation
8:45-8:55	DepEd Vision, Mission, and Core Values Quality Policy Statement
8:55-9:05	Statement of Purpose and Activity Matrix <ul style="list-style-type: none"><li>Dr. Isabel A. Victorino Chief Education Program Specialist</li></ul>
9:05-9:10	Opening Remarks <ul style="list-style-type: none"><li>Dir. Jocelyn DR Andaya Director IV</li></ul>
9:10-9:15	Intermission Galaw Pilipinas Promotional Video (Stakeholders)
	<i>Plenary</i>
9:15-9:25	Overview of the Development of Galaw Pilipinas <ul style="list-style-type: none"><li>Ms. Rosa Ligaya C. Domingo Retired Supervising Education Program Specialists/OIC Chief-SCPD</li></ul>
9:25-9:35	Strengthening Cardiovascular Endurance <ul style="list-style-type: none"><li>Dr. Ma. Corazon C. Dumlao Chief Health Program Officer BLSS-SHD</li></ul>
9:35-9:40	Intermission <ul style="list-style-type: none"><li>Quezon Science Madrigal Virtuosos SDO Quezon, Region IV-CALABARZON</li></ul>
9:40-9:50	Importance of Calisthenics Exercise <ul style="list-style-type: none"><li>Prof. Hercules P. Callanta Associate Professor 7 University of the Philippines-Diliman</li></ul>
9:50-10:00	Distinguishing Dance from Exercise <ul style="list-style-type: none"><li>Prof. Sebastian Ma. Martin M. Ripoll Director and Faculty Magna Anima Teachers College</li></ul>
10:00-10:10	Integrating Culture and Exercise <ul style="list-style-type: none"><li>Dr. Lordinio A. Vergara</li></ul>



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	Vice President, University Relations and Advancement Philippine Normal University
<b>Orientation Proper</b>	
10:10-10:20	Galaw Pilipinas: The DepEd National Calisthenics Exercise Program Infographic Video
10:20-10:45	Discussion on the guidelines for Galaw Pilipinas: The DepEd National Calisthenics Exercise Program (DepEd Order No. 60, s. 2021) <ul style="list-style-type: none"><li>• Restituto M. Mendoza, Harold D. Espiritu &amp; Clodualdo V. Paiton Senior Education Program Specialists/Technical Specialist</li></ul>
10:45-10:50	Heads up on Galaw Pilipinas <ul style="list-style-type: none"><li>• Mikael Sandino T. Andrey Supervising Education Program Specialist</li></ul>
10:50-11:10	Open Forum
11:10-11:15	Galaw Pilipinas Promotional Video (BCD)
11:15-11:20	Closing Remarks <ul style="list-style-type: none"><li>• Dir. Samuel Soliven Director III</li></ul>



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## Department of Education

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*Annex B*

**Virtual Orientation on DepEd Order No. 60, s. 2021—Guidelines on Galaw  
Pilipinas: The DepEd National Calisthenics Exercise Program**  
March 14, 2022, 8:30 AM  
via MS Teams

### NUMBER OF PARTICIPANTS

Region	CLMD Chief	Regional MAPEH/ SPS EPS	CID Chief	Division MAPEH/ SPS EPS	School Head	Total
I	1	1	14	14	3	32
II	1	1	9	9	2	22
III	1	1	20	20	5	47
IV-A	1	1	21	21	5	49
IV-B	1	1	7	7	2	18
V	1	1	13	13	3	31
VI	1	1	20	20	5	47
VII	1	1	19	19	4	44
VIII	1	1	13	13	3	31
IX	1	1	8	8	2	20
X	1	1	14	14	3	32
XI	1	1	11	11	3	27
XII	1	1	8	8	2	20
CARAGA	1	1	12	12	3	29
BARMM	1	1	10	10	3	25
CAR	1	1	8	8	2	20
NCR	1	1	16	16	3	37





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## Department of Education

OFFICE OF THE UNDERSECRETARY FOR CURRICULUM AND INSTRUCTION

Annex C

### Virtual Orientation on DepEd Order No. 60, s. 2021—Guidelines on Galaw Pilipinas: The DepEd National Calisthenics Exercise Program

March 14, 2022, 8:30 AM

via MS Teams

#### CONFIRMATION SHEET

Region: \_\_\_\_\_

[Redacted Header]					

(Add row if necessary)

Prepared by:

\_\_\_\_\_  
Education Program Supervisor-MAPEH/SPS

Noted:

\_\_\_\_\_  
Chief Education Supervisor-CLMD

\_\_\_\_\_  
Regional Director