



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

**Office of the Schools Division
Superintendent**

DIVISION MEMORANDUM

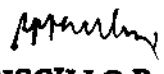
No. 652s. 2022

AUG 22 2022

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

TO : Assistant Schools Division Superintendents
Division Chiefs
Division Education Program Supervisors/Division Coordinators
Public Schools District Supervisors/District-In-Charge
Public Elementary and Secondary School Principals
All Others Concerned

1. As stipulated in DepEd Order 60, s. 2021 the implementation of Galaw Pilipinas : The DepEd National Calisthenics Exercise Program shall be strictly practiced.
2. In order that the implementation of Galaw Pilipinas be sustained and institutionalized, this office requires the field to include Galaw Pilipinas in every Flag Raising Ceremony, Flag Retreat or before the start of the class. (Please see attached advisory.)
3. School and District MAPEH Coordinators are hereby directed to ensure the correct and smooth implementation of Galaw Pilipinas.
4. Immediate dissemination of and Compliance with this memorandum is directed.


SENEN PRISCILLO P. PAULIN, CESO V
Schools Division Superintendent
8/22/22

SPP/MKP-JMA-NLR/NLR/dpa
August 22, 2022



Address: Kagawasan 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

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

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

1. For the information and guidance of all concerned, attached is an Advisory entitled Implementation of Galaw Pilipinas: The DepEd National Calisthenics Exercise Program, which is self-explanatory.
2. Immediate dissemination of and compliance with this Memorandum is directed.

SALUSTIANO T. JIMENEZ, JR., EdD, CESO V
Director IV
Regional Director

STJ/CAB/CLMD/MJC/DJPO/22



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



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

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