



Republic of the Philippines
Department of Education
 REGION I



Office of the Regional Director

REGIONAL MEMORANDUM
 No. 952, s. 2022

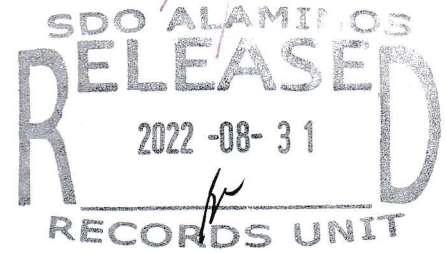
AUG 25 2022

**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:DepEd
 August 18, 2022

DepEd Region 1: Built on character

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Republic of the Philippines
 Department of Education
 Region I
 Schools Division of Alaminos City
 Office of the Schools Division Superintendent

DIVISION MEMORANDUM
 DM-2022-337

TO: Assistant Schools Division Superintendent
 Chief Education Supervisor - CID - *afu*
 Chief Education Supervisor - SGOD
 Education Program Supervisor - MAPEH
 Heads of Public Elementary and Secondary Schools

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

FROM: Office of the Schools Division Superintendent

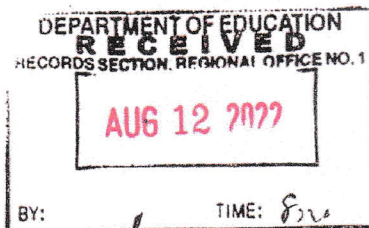
DATE: August 30, 2022

For your information, guidance and strict compliance.

LORNA G. BUGAYONG PhD, CESO V
 Schools Division Superintendent



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

