



Republic of the Philippines
Department of Education
DIGOS CITY DIVISION

Office of the Schools Division Superintendent

September 1, 2022

DIVISION MEMORANDUM


No. 56, s. 2022

IMPLEMENTATION OF GALAW PILIPINAS NATIONAL CALISTHENICS EXERCISES PROGRAM

To : Curriculum Implementation Division
Program Education Supervisor Concerned (MAPEH)
Public Schools District Supervisors
School Heads of Public Elementary and Secondary Schools
Teachers


1. In reference to DepEd order 60, s. 2021, this office announces the implementing guidelines of Galaw Pilipinas: The DepEd National Calisthenics Exercise Program.
2. All schools are required to implement on the program.
3. The official instructional and promotional videos of Galaw Pilipinas may be accessed through: <https://tinyurl.com/DepEd-Galaw-Pilipinas>.
4. Other details of the above information are in the enclosure.
8. For information and guidance of all concerned.

For and in the absence of the
Schools Division Superintendent


CLARENCE S. PILLERIN
Public Schools District Supervisor
Officer-In-Charge

Enclosed: As stated.

CID/grs

DepEd Schools Division of Digos City
RECORDS SECTION
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22-90219
DATE: SEP 02 2022 TIME: 8:11am
BY: 



Address: Roxas cor. Lopez Jaena Street, Zone II, Digos City (8002)
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REVISIONS



Republic of the Philippines
Department of Education
DAVAO REGION

Office of the Regional Director

REGIONAL MEMORANDUM
RM-CLMD-2022-228

RECEIVED
DATE: 31 AUG 2022 TIME 11:07 AM
BY: [Signature]

To : Schools Division Superintendent

Subject: IMPLEMENTATION OF GALAW PILIPINAS: THE DEPED
NATIONAL CALISTHENICS EXERCISES PROGRAM

Date : September 1, 2022

In reference to the herein DepEd Order 60, S. 2021, this Office announces the implementing guidelines of Galaw Pilipinas: The DepED National Calisthenics Exercise Program.

The official instructional and promotional videos of Galaw Pilipinas may be accessed through: <https://tinyurl.com/DepEd-Galaw-Pilipinas>.

Other details of the above information are in the enclosures.

Immediate dissemination of this Memorandum is desired.

ALLAN G. FARNAZO
Director IV

By the Authority of the Regional Director:

[Signature]
MA. CIELO D. ESTRADA
Education Program Supervisor
Officer-in-Charge

DEPARTMENT OF EDUCATION ROXI
RECORDS SECTION
RELEASED

By: 4964
Date: [Signature] Time: Sept. 01, 2022
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Republic of the Philippines

Department of Education

UNDERSECRETARY FOR CURRICULUM AND INSTRUCTION

22-3607

112 AL 9:10

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. CAVIOLA

Undersecretary for Curriculum and Instruction