



Republic of the Philippines
Department of Education
 REGION X - NORTHERN MINDANAO
 DIVISION OF MALAYBALAY CITY

DM 2022-08-421
 DEPED MALAYBALAY CITY DIVISION
RELEASED
 DATE: 15 2022 Time: 2:20
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DIVISION MEMORANDUM

No. 421, s. 2022

TO: Assistant Schools Division Superintendent
 Chief Education Supervisors, Staff, SGOD and CID
 School Heads of Elementary and Secondary Schools
 This Division

FROM: *V* VICTORIA V. GAZO, PhD, CESO V
 Schools Division Superintendent *V*

DATE: August 15, 2022

SUBJECT: DISSEMINATION OF DEPED ORDER NO. 60 S. 2021 RE: IMPLEMENTING GUIDELINES OF GALAW PILIPINAS: THE DEPED NATIONAL CALISTHENICS EXERCISE PROGRAM

1. Relative to the opening of classes on August 22, 2022, please be reminded of the DepEd Order No. 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/CIC-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.



Address: Sayre Hi-way, Purok 6, Casisang, Malaybalay City
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- 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.
2. Further, the official instructional and promotional videos of Galaw Pilipinas may be accessed through: <https://tinyurl.com/DepEd-Galaw-Pilipinas>
3. Queries related to this can be relayed to **Sharon Mae A. Bongocan**, Education Program Supervisor in MAPEH at 09359357158.

Copy furnished:
Records Unit
Planning & Research Section
To be posted in the website.

CID/sha



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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