



Republic of the Philippines
Department of Education
REGION III – CENTRAL LUZON
SCHOOLS DIVISION OFFICE OF NUEVA ECIJA

DEP-ED SDO N.E.
RELEASED
MAR 22 2022

RECORDS SECTION

18 March 2022

DIVISION MEMORANDUM

No. 85, s.2022

GUIDELINES ON GALAW PILIPINAS: THE DEPED NATIONAL CALISTHENICS EXERCISE PROGRAM

To: Assistant Schools Division Superintendents
Division Chiefs, CID and SGOD
Education Program Supervisors
Public Schools District Supervisors
Public Elementary and Secondary School Heads and Teachers
All others concerned

1. The Schools Division Office of Nueva Ecija commits itself to the holistic development among all types of learners in all key stages. Therefore, it establishes the promotion of the enclosed policy guidelines set through DepEd Order No.60 s. 2022 "Guidelines on *Galaw Pilipinas*: The DepEd National Calisthenics Exercise Program" to all public and private schools/community learning centers.
2. The policy guidelines aim to:
 - 2.1. Promote an active lifestyle for Filipinos that will benefit both their physical and socio-emotional well-being;
 - 2.2. Improve strength, flexibility, cardiovascular endurance, coordination, and balance;
 - 2.3. Enhance cultural awareness by integrating Philippine cultures in the calisthenics exercises; and
 - 2.4. Inculcate nationalism, unity, and discipline.
3. This policy contains DepEd's national calisthenics which 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, it shall be part of demonstration activities, school foundation day, and other school/CLC-initiated activities. This calisthenics shall replace the different dances or exercises performed by learners during school-initiated activities.
4. Please refer to the Enclosure for the complete procedure on page 4 and monitoring and evaluation on page 6.



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5. However, given the challenges and risks brought by the pandemic, carefully planned health standards and stringent enforcement shall be observed to ensure the safety of our learners, teachers, other stakeholders, and community. Under the distance learning delivery modality, it shall be performed by all learners as stipulated in the weekly-home-learning plan provided by the teachers. Public health protocols for Alert Level 1 and DepEd-DOH JMC No.01 s.2021 will be strictly observed.
6. Each district in SDO Nueva Ecija as well as the schools are encouraged to participate and submit their recorded video of *Galaw Pilipinas* to the MAPEH OIC-EPS on or before April 4, 2022. This is also in preparation for the forthcoming national contest.
7. Immediate dissemination of and strict compliance with this Memorandum is desired.


JESSIE D. FERRER, CESO V
Schools Division Superintendent

  

Encl.: As stated
Reference: DO 060, s.2021
To be included in the Perpetual Index
under the following subjects:
TRAINING PERFORMANCE TASK TEACHERS

DM 2022 Guidelines on Galaw Pilipinas: The DepEd National Calisthenics Exercise Program
2-2 FOR 03/018/2022



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