




Republic of the Philippines  
**Department of Education**  
REGION IX  
SCHOOLS DIVISION OF DAPITAN CITY

Division Memorandum

No. 94 s. 2022

To: Chiefs of CID and SGOD  
All Education Program Supervisors  
All PSDSs and PICDs  
Private and Public Elementary and Secondary School Heads  
Teaching and Non-Teaching Personnel  
This Division

From:   
FELIX ROMY A. TRIAMBULO, CESO V  
Schools Division Superintendent

Subject: Implementation of the Galaw Pilipinas: The Deped National Calisthenics Exercise Program in all Districts and Schools

Date: February 24, 2022

1. This office announces the implementation of Galaw Pilipinas: The Deped National Calisthenics Exercise Program in all Districts, Private and Public Schools, pursuant to Deped Order No. 060 s. 2021, once the guidelines, procedures and step patterns shall have been cascaded by the Division GP Facilitators to all School Districts.
2. Pursuant to that Deped Order, the following aims of Galaw Pilipinas are as follow:
  - a) To promote active lifestyle among Filipinos that will benefit both their physical and socio-emotional well-being;
  - b) To improve strength, flexibility, cardio-vascular endurance, coordination, and balance.
  - c) To enhance cultural awareness by integrating Philippine cultures in the calisthenics exercise; and
  - d) Inculcate nationalism, unity and discipline.
3. The Galaw Pilipinas is a daily exercise routine in class which shall be performed by all elementary and secondary learners and the entire school community in every flag raising ceremony, flag retreat or before the start of class. It shall be part of the demonstration activities, school foundation day and other school/CLC-initiated activities.
4. All PE teachers are instructed to teach the steps of Galaw Pilipinas during the face-to-face learning, observing the basic health protocol.
5. To ensure inclusivity, the intensity of the execution of Galaw Pilipinas shall vary according to type of learners and their key stages. The steps/movements maybe

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likewise modified in consideration of the needs and contexts of learners with disabilities.

6. The procedure in introducing Galaw Pilipinas to learners shall include proper warming up and “step test” to determine the readiness of learners to perform body exercise. All teachers teaching the steps of Galaw Pilipinas shall coordinate with the concerned parents/guardians on the health status especially on the aspect of cardiovascular of each learner.
7. The school head shall guarantee that all types of learners, teaching and non-teaching staff, and the parents/guardians properly execute the steps of Galaw Pilipinas regardless of the learning delivery modalities.
8. All reports in the implementation of GP shall be submitted to this office through the Curriculum Implementation Division which will include the following:  
To be submitted on or before March 15, 2022
  - a) Galaw Pilipinas District Video presentation of all school heads and non-teaching staff of the district.
  - b) Galaw Pilipinas School Video presentations of all teaching and non-teaching staff to be submitted in a Google ~~drive~~ with the following attachments:
    - Attendance Sheet
    - List of non-participating employees with corresponding acceptable/valid reason/s.

To be submitted on or before April 22, 2022

- a) All video presentations of all classes from kindergarten to Grade 12 in a google ~~drive~~ by school, and by class.
- b) Galaw Pilipinas video of the private schools showing all learners and the entire school community performing.
9. The school head shall hold Learning Action Cell (LAC) sessions with teachers on the implementation of this policy and conduct Monitoring and Evaluation to gather feedback from internal and external stakeholders.
10. Teachers can also generate feedback from parents/guardians on the GP policy’s effectiveness once face-to-face classes resume.
11. For further information and queries, please refer to Deped Order No. 060 s. 2021 dated December 29, 2021, or you may contact us through the Curriculum Implementation Division (CID), Deped Dapitan City Division Office, Sunset Boulevard, Dawo, Dapitan City.
12. The GP promotional and tutorial videos are available through this link: <https://tinyurl.com/DepED-Galaw-Pilipinas>.
13. Widest and immediate dissemination on the contents of this memorandum is highly sought.

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