



Republic of the Philippines  
**Department of Education**  
Cordillera Administrative Region  
**SCHOOLS DIVISION OFFICE OF ABRA**

RECEIVED  
SEP 25 2020

Office of the Schools Division Superintendent

September 25, 2020

DIVISION MEMORANDUM  
NO. 187 S. 2020

**CONDUCT OF PHYSICAL FITNESS EXERCISE/ZUMBA DANCE**

TO: All Schools Division Office Personnel

1. In line with the Civil Service Commission Memorandum Circular No. 8 s. 2011 entitled, Reiteration of the Physical Fitness Program "Great Filipino Workout" which authorizes the allotment of reasonable time for regular fitness exercise, this office informs all SDO personnel/employees to participate in this weekly activity.
2. The Schools Division Office Personnel are encouraged to join in the Physical Fitness Exercise/Zumba Dance "**GALAW GALAW**" every Monday at 4:00-5:00 PM. The venue for the said activity shall be at the 2<sup>nd</sup> or 3<sup>rd</sup> floor Conference Hall of the Schools Division Office. It will be launched on September 28, 2020 (Monday).
3. All SDO personnel are advised to wear their sports attire, workout clothes or comfortable clothes during the implementation of the program.
4. Every Functional Division shall be given the opportunity to spearhead the Physical Fitness Exercise/Zumba Dance following the attached schedule.
5. Immediate dissemination and compliance to this memorandum is desired.

GLORIA B. BUYA-AO  
Schools Division Superintendent



Address: Actividad-Economia St., Zone 2, Bangued, Abra  
Telephone No.: (074)614-6918  
Website: <http://www.depedabra.com>  
E-mail: [abra@deped.gov.ph](mailto:abra@deped.gov.ph)



ISO 9001:2015 Certified  
Quality Management System  
CRN 50500994 QM15



Republic of the Philippines  
**Department of Education**  
Cordillera Administrative Region  
**SCHOOLS DIVISION OFFICE OF ABRA**

Office of the Schools Division Superintendent

**IN-CHARGE OF THE PHYSICAL FITNESS ACTIVITY STARTING SEPTEMBER 28, 2020 (MONDAY). THIS WILL BE A YEAR ROUND ACTIVITY**

<b>1<sup>ST</sup> MONDAY</b> of the month  <b>SGOD</b>	<b>2<sup>nd</sup> MONDAY</b> of the month  <b>OSDS</b>	<b>3<sup>rd</sup> MONDAY</b> of the month  <b>CID</b>	<b>4<sup>th</sup> MONDAY</b> of the month  <b>OSDS</b>
--	--	---	--



Address: Actividad-Economia St., Zone 2, Bangued, Abra  
Telephone No.: (074)614-6918  
Website: <http://www.depedabra.com>  
E-mail: [abra@deped.gov.ph](mailto:abra@deped.gov.ph)



ISO 9001:2015 Certified  
Quality Management System  
CRN 50500994 QM15