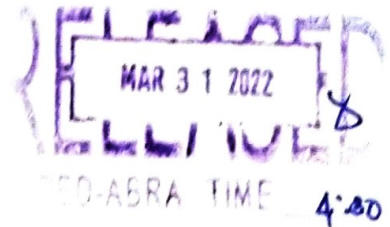




Republic of the Philippines
Department of Education
Cordillera Administrative Region
SCHOOLS DIVISION OFFICE OF ABRA



March 21, 2022

DIVISION MEMORANDUM

No. 088 S.2022

To: Chief Education Supervisors – CID, SGOD
Education Program Supervisors – MAPEH, SGOD
Public Schools District Supervisors
Public Elementary and Secondary School Heads
MAPEH Department Heads/Coordinators/Teachers
All Others Concerned

**ADOPTION, PROMOTION, AND IMPLEMENTATION OF GALAW PILIPINAS:
THE DEPED NATIONAL CALISTHENICS EXERCISE PROGRAM**

1. Pursuant to DepEd order No. 60, s. 2021 re: Guidelines on *Galaw Pilipinas*: the DepED National Calisthenics Exercise Program, the Schools Division of Abra through the Curriculum Implementation Division – Instructional Management hereby adopts, promotes, and implements *Galaw Pilipinas*: the DepED National Calisthenics Exercise Program.
2. *Galaw Pilipinas* aims:
 - a. promote active lifestyle among Filipinos that will benefit both their physical and socio-emotional well-being;
 - b. improve strength, flexibility, cardio-vascular endurance, coordination, and balance;
 - c. enhance cultural awareness by integrating Philippine cultures in the calisthenics exercise; and
 - d. inculcate nationalism, unity, and discipline.
3. All offices and schools in the Division are required to perform *Galaw Pilipinas* as part of the daily exercise routine, in every flag ceremony, flag retreat, or the start of the first class in any modality. This calisthenics shall replace the different dances or exercises performed by learners during school-initiated activities.
4. The Curriculum Implementation Division (CID) shall oversee the integration of this policy in curriculum and learning. Schools Governance Operation Division (SGOD) shall provide technical assistance and coaching to the division supervisor in-charge of MAPEH and CLC implementers. Furthermore, GOD through the SMME shall also consolidate and submit the Monitoring and Evaluation (M&E) reports of the schools to the CO, through the Bureau of Curriculum Development.



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5. 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. He /She shall ensure that parents are assisted by teachers in teaching the steps to their child/ children during distance learning. He /She shall provide technical assistance to the teachers and document evidence of progress on the cognitive development and physical and socio-emotional wellness of the learners.
6. *Galaw Pilipinas* promotional and tutorial videos shall be made available to the offices and schools through this link: <https://tinyurl.com/Deped-Galaw-Pilipinas> and other learning platforms such as DepED Official Facebook Page and Learning Resources (LR) Portal.
7. Immediate dissemination of this Memorandum is deemed necessary.


BENILDA M. DAYTACA EDD, CESO V
Schools Division Superintendent

cidmapah/032122/nbc



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