



Republic of the Philippines  
**Department of Education**  
Region VI- Western Visayas  
**DIVISION OF SAGAY CITY**

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November 18, 2022


**Division Memorandum**  
**No. 582, s. 2022**

**Reiteration on the Implementation of Galaw Pilipinas: The DepEd  
National Calisthenics Exercise Program in Schools**

To: OIC-Asst. Schools Division Superintendent  
CID and SGOD Chief  
Education Program Supervisors  
Public Schools District Supervisors  
Elementary and Secondary School Heads

1. Please see attached the advisory from DepEd Central Office on the reiteration on the promotion and implementation of **Galaw Pilipinas: The DepEd National Calisthenics Exercise Program** in schools.
2. Immediate and wide dissemination of this memorandum is desired.

**MARSETTE D. SABBALUCA, CESO VI**  
Schools Division Superintendent

  
**SAMUEL J. MALAYO**  
Education Program Supervisor  
Officer-in-Charge  
Office of the Asst. Schools Division Superintendent  
In-charge of the Division

Encl as stated:  
Reference: NONE  
To be included in the perpetual index  
under the following subjects:

LEARNERS

TRAININGS

SCHOOLS



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Republic of the Philippines  
**Department of Education**  
UNDERSECRETARY FOR CURRICULUM AND INSTRUCTION

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**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