



Republic of the Philippines  
**Department of Education**

REGION III – CENTRAL LUZON  
SCHOOLS DIVISION OFFICE - SCIENCE CITY OF MUÑOZ

August 16, 2022

**DIVISION MEMORANDUM**

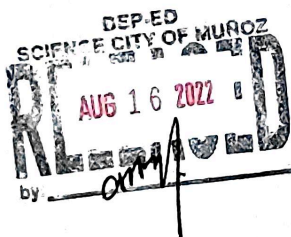
No. 499, s. 2022

**DISSEMINATION OF REGIONAL MEMORANDUM NO. 468, S. 2022 RE:  
IMPLEMENTATION OF GALAW PILIPINAS IN ALL PUBLIC ELEMENTARY AND  
SECONDARY SCHOOLS IN DEPED REGION III**

To: Assistant Schools Division Superintendent  
CID and SGOD Chiefs  
Education Program Supervisors  
Public Elementary and Secondary School Heads  
All Others Concerned

1. For the information, guidance, and compliance of all concerned, enclosed is Regional Memorandum No. 468, S. 2022 Re: Implementation of Galaw Pilipinas in all Public Elementary and Secondary Schools in DepEd Region III.
2. Wide dissemination of this Memorandum is hereby enjoined.

  
**DANTE G. PARUNGAO, CESO V**  
Schools Division Superintendent



CID/DDV/2022



*Loyal, Excellent, Accountable and Dedicated to Service*

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DSCM-QMS-QMR-QSF-008 Rev.04 (01.31.20)

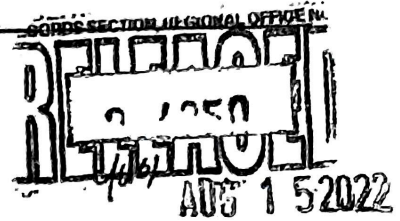


Certificate No. 50500731 QM15



Republic of the Philippines  
**Department of Education**  
REGION III-CENTRAL LUZON

REGIONAL MEMORANDUM  
No. 468, s. 2022



**IMPLEMENTATION OF GALAW PILIPINAS IN  
ALL PUBLIC ELEMENTARY AND SECONDARY SCHOOLS IN DEPED REGION III**

To: Schools Division Superintendents  
School Heads  
Elementary and Secondary Teachers

1. The Department of Education (DepEd) Region III is cognizant of the vital role of physical activities in the lives of Central Luzon learners. This is pursuant to Article XIV, Section 19, of the 1987 Philippine Constitution which directs the State to promote physical education towards the development of healthy and alert citizenry.
2. In line with this, DepEd Region III enjoins all public elementary and secondary schools in the region to adapt the *Galaw Pilipinas* in compliance with DepEd Order No. 60, s. 2021 titled *The Implementing Guidelines of Galaw Pilipinas: The DepEd National Calisthenics Exercise Program*. The following shall be observed by teachers for the effective implementation of *Galaw Pilipinas*:
  - 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/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 in-person classes resume, learners may wear their Physical Education (P.E.) uniforms (if available) or jogging pants, t-shirt, and rubber shoes.
  - c. The steps/movement patterns shall be taught during P.E. 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.



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3. In addition to, *Galaw Pilipinas* promotional and tutorial videos can be accessed through this link: <https://tinyurl.com/DepED-Galaw-Pilipinas>.
4. For your information and compliance.

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Whitings  
Date: 2022.08.15 07:24:44+0800

**MAY B. ECLAR, PhD, CESO III**  
Regional Director

Encl: None

Reference: Advisory from the Office of the  
Undersecretary for Curriculum  
And Instruction

To be indicated in the Perpetual Index  
under the following subjects:

PHYSICAL	WELLNESS
CALISTHENICS	HEALTH

PAU1/pan2  
August 12, 2022



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