



Republic of the Philippines
Department of Education

REGION IV-A
SCHOOLS DIVISION OFFICE OF CAVITE PROVINCE

January 18, 2022

DIVISION MEMORANDUM

No. 030 s. 2022

To: Assistant Schools Division Superintendents
Chiefs, CID and SGOD
Education Program Supervisors
Public Schools District Supervisors
Public Elementary and Secondary School Heads
All Concerned

**IMPLEMENTATING GUIDELINES ON GALAW PILIPINAS:
THE DEPED NATIONAL CALISTHENICS EXERCISES PROGRAM**

1. Relative to DepEd Order 60, s. 2021 entitled "Guidelines on Galaw Pilipinas: The DepEd National Calisthenics Exercise Program", this office will adopt, promote, and implement Galaw Pilipinas, the National Calisthenics to promote active lifestyle, inculcate positive values and counter sedentary living in the entire division.
2. Galaw Pilipinas shall be performed by learners in the Public and Private Schools/community learning center following guidelines set by the central office.
3. The promotional and tutorial videos of Galaw Pilipinas are available via <https://tinyurl.com/DepED-Galaw-Pilipinas>.
4. Attached herewith are the DepEd Order Memo and Guidelines on Galaw Pilipinas.
5. Should there be further concerns, please email Ms. Myra Lyn T. Bergunio, OIC-EPS MAPEH at depedcavite.cid@deped.gov.ph.
6. Immediate dissemination of this Memorandum is highly desired.


ROMMEL C. BAUTISTA, CESO V
Schools Division Superintendent

MTB/ DM NO. 030 S.2022
011822-036/ 01/18/2022



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