



Republic of the Philippines
Department of Education
REGION VIII - EASTERN VISAYAS

April 27, 2021

OFFICE MEMORANDUM

No. **153**, s. 2021

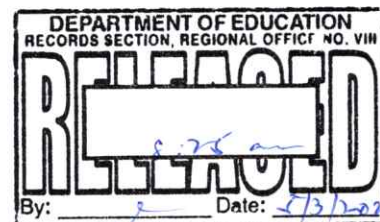
To: Schools Division Superintendent
Division of Catbalogan City
Division of Tacloban City
All Others Concerned

WORKSHOP ON THE DEVELOPMENT OF CALISTHENICS

1. Relative to DepEd Memorandum DM-OUCI-2021-113, dated April 12, 2021, re: **Workshop on the Development of Calisthenics**, this Office through the Curriculum and Learning Management Division, requires the identified participants to attend in the said activity on May 10-14, 2021 via Zoom platform.
2. The participants are Education Program Supervisors for MAPEH from the two (2) identified divisions as per attachment.
3. For details and additional information, you can contact Ms. Rosa Ligaya C. Domingo through email at rosa.domingo002@deped.gov.ph.
4. Immediate dissemination of and compliance with this Memorandum are desired.


MA. GEMMA MERCADO LEDESMA
Regional Director

CLMD-NPJ





Republic of the Philippines
Department of Education
REGION VIII - EASTERN VISAYAS

WORKSHOP ON THE DEVELOPMENT OF CALISTHENICS

May 10-14, 2021

CONFIRMATION SHEET

Region: VIII

Division: Tacloban City and Catbalogan City Divisions

No.	Name	Position	Email Address	Cellphone No.
1	JESSICA M. ABRIL	Education Program Supervisor	jessica.abril@deped.gov.ph	09171199708
2	ARLENE H. DELA TORRE	Education Program Supervisor	arlene.delatorre002@deped.gov.ph	09178645006

Submitted by:


NOVA P. JORGE EdD

EPS, CLMD

Date: April 27, 2021

Noted:


ROSEMARIE M. GUINO EdD

OIC-Chief, CLMD

Date: April 27, 2021

Approved:


MA. GEMMA MERCADO LEDESMA
Regional Director



Government Center, Candahug, Palo, Leyte
(053) 832-2997 | region8@deped.gov.ph
ISO 9001:2015 Certified

DepEd RO8 ATA-F22 (CY2018-v03-r00)

Page 1 of 1





002837

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

DEPARTMENT OF EDUCATION RECEIVED RECORDS SECTION, REGIONAL OFFICE NO. VII
APR 20 2021
BY: <i>[Signature]</i> TIME: <i>2:55</i>

BCD-SCPD-O-2021-1970

MEMORANDUM
DM-OUCI-2021-113

TO : **ALL REGIONAL DIRECTORS**

ATTENTION : **Schools Division Superintendents
Chief Education Supervisors of CLMD and CID
Regional and Division Supervisors
Public School Heads**

FROM : **DIOSDADO M. SAN ANTONIO** *[Signature]*
Undersecretary for Curriculum and Instruction

SUBJECT : **Workshop on the Development of Calisthenics**

DATE : **April 12, 2021**

To promote a healthy lifestyle, the Department of Education (DepEd), through the Bureau of Curriculum Development-Special Curricular Programs Division (BCD-SCPD), shall conduct an online **Workshop on the Development of Calisthenics on May 10-14, 2021 via Zoom platform.**

This workshop aims to:

- identify exercises/movements representing different ethnic culture in the country;
- develop a uniform calisthenics/exercises with cultural content that will promote national identity, inculcate discipline, and nationalism; and
- improve the strength, endurance, flexibility, and coordination of learners.

The matrix of activities and list of participants to the workshop are provided in Annexes A & B for your reference. In case of conflict in schedule, the Schools Division Superintendent or his/her duly authorized representative shall nominate a substitute, provided that the replacement is an expert and practitioner in the field of Physical Education/Sports.

All expenses relative to the conduct of the workshop, including communication/internet expenses, shall be charged against 2021 BCD BEC funds which will be downloaded to respective regions, subject to the usual government accounting and auditing rules and regulations.

*4-20-21
DepEd email*



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

Annex A

Workshop on the Development of Calisthenics
 May 10-14, 2021

Objectives:

- a. identify exercises/movements representing different ethnic culture in the country;
- b. develop a uniform calisthenics/exercises with cultural content that will promote national identity, inculcate discipline, and nationalism; and
- c. improve the strength, endurance, flexibility, and coordination of learners.

MATRIX OF ACTIVITIES

	Registration	Management of Learning	Management of Learning	Management of Learning	Management of Learning
8:00 – 12:00	<i>Plenary 1:</i> Opening Program	<i>Plenary 3:</i> Consultants' Hour	<i>Continuation of Workshop 2</i>	<i>Plenary 5:</i> Presentation of Workshop 2 Output	<i>Plenary 6:</i> Presentation of the Final Output
	<i>Plenary 2:</i> Benefits and Significance of Calisthenics	<i>Plenary 4:</i> Presentation of Workshop 1 Output			
	Lunch Break				



Republic of the Philippines

Department of Education

UNDERSECRETARY FOR CURRICULUM AND INSTRUCTION

Annex B

Workshop on the Development of Calisthenics May 10-14, 2021

LIST OF PARTICIPANTS

No.	Name	Division	Region
1	Carmela Bernal	Dagupan City	1
2	Charito B. Bustria	Pangasinan 1	1
3	Rocky T. Banatao	Tuguegarao City	2
4	James Mike O. Caday	Cagayan	2
5	Frederick L. De Guzman	Balanga City	3
6	Aileen Grace Santos	Bulacan	3
7	Melinda G. Calumaya	Dasmariñas City	4A
8	Mario Zantua	San Rosa	4A
9	Analyne Lumanglas	Calapan City	4B
10	Adrian Anthony Osano	Occ. Mindoro	4B
11	Francisco Bulalacao	RO V	5
12	Cloyd M. Lagyap		5
13	Jeannie Claire Piggangay		CAR
14	Albin Santos	Baguio City	CAR
15	Carmen Tejada	Manila	NCR
16	Ervin T. Echague	Muntinlupa City	NCR
17	Ana Lou Carreon	Makati City	NCR
18	Leah Bulay Og	Marikina City	NCR
19	Adriana J. Arca	Bacolod City	6
20			6
21	Niño G. Matillano	Mandaue City	7
22			7
23	Arlene H. Dela Torre	Catbalogan City	8
24	Jessica M. Abril	Tacloban City	8
25	Eugenio Penales	RO IX	9
26	Rodel Cuba	Zamboanga Sur	9
27	Raymund Antolo		10
28			10
29	Jeselyn dela Cuesta	RO XI	11
30	Nona Ruth Sarmiento	Davao City	11
31			12
32			12
33	Melanie Boco	Butuan City	13
34	Jodel Numeron	Butuan City	13

Workshop on the Development of Calisthenics
May 10-14, 2021

CONFIRMATION SHEET

Region: _____ Division: _____

1				
2				
3				
4				

Submitted by:

Name and Signature

Date: _____

Approved by:

Name and Signature

Date: _____

	Day 1	Day 2	Day 3	Day 4	
1:00 – 5:00	<p>Workshop 1: Identification of exercises/movements representing different ethnic culture in the country</p>	<p>Workshop 2: Development of a uniform calisthenics/exercises with cultural content that will promote national identity, inculcate discipline, and nationalism</p>	<p><i>Continuation of Workshop 2</i></p>	<p>Workshop 3: Improvement of the Final Output</p>	<p>Submission of the Final Output & Closing Program</p>
<i>Expected Output</i>	Developed Uniform Calisthenics with Cultural Content				

For coordination and inquiries, please contact Ms. Rosa Ligaya C. Domingo through email at rosa.domingo002@deped.gov.ph.

For confirmation of participation, please accomplish the template in Annex C and send it back to Ms. Domingo's email address. A meeting link will be provided once confirmation is made on or before **May 7, 2021**.

Immediate and wide dissemination of this memorandum is requested.