



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

January 24, 2022

**REGIONAL MEMORANDUM**

No. **068**, s. 2022

**VIRTUAL LAUNCH OF GALAW PILIPINAS: DEPED NATIONAL  
CALISTHENICS EXERCISE PROGRAM**

To: Schools Division Superintendents  
All Others Concerned

1. Attached is DepEd Memorandum DM-CI-2022-012, re: **Virtual Launch of Galaw Pilipinas: DepEd National Calisthenics Exercise Program**, via DepEd Philippines FB Page on February 14, 2022 at 9:00 a.m.
2. For details and further information on the above-mentioned activity, refer to the attached issuance.
3. Immediate dissemination of and strict compliance with this Memorandum are desired.

  
**EVELYN R. FETALVERO, CESO IV**  
Regional Director

Enclosures: None

References: As stated

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

EXERCISE      LEARNERS      OFFICIALS      PROGRAM      TEACHERS

CLMD-NPJ





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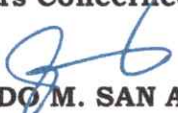

UNDERSECRETARY FOR CURRICULUM AND INSTRUCTION

BCD-SCPD-O-2022-2520

**MEMORANDUM**  
**DM-CI-2022-012**

**TO :** Undersecretaries  
Assistant Secretaries  
Bureau and Service Directors  
Minister, Ministry of Basic, Higher and Technical  
Education, BARMM  
All Regional Directors  
All DepEd Personnel

**ATTENTION:** Schools Division Superintendents  
Chief Education Supervisors  
Regional and Division Supervisors  
Heads, Public and Private Elementary and Secondary  
Schools/Community Learning Centers  
All Others Concerned

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

**SUBJECT :** Virtual Launch of Galaw Pilipinas: DepEd National  
Calisthenics Exercise Program

**DATE :** January 10, 2022

Relative to the release of **DepEd Order No. 60, s. 2021** titled “Guidelines on Galaw Pilipinas: The DepEd National Calisthenics Exercise Program,” the Department of Education, through the Bureau of Curriculum Development-Special Curricular Programs Division, invites **all DepEd learners, teaching and non-teaching personnel, officials, and the entire DepEd community to the virtual launch of Galaw Pilipinas: The DepEd National Calisthenics Exercise Program on February 14, 2022 at 9:00 a.m. via DepEd Philippines Facebook Page.**

With the theme “Galaw Pilipinas: Alistong Isip at Aktibong Katawan,” this activity aims to:

- a. introduce the developed national calisthenics to the field and
- b. provide a briefer on Galaw Pilipinas.



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The Guidelines on Galaw Pilipinas (DepEd Order No. 60, s. 2021) can be downloaded through the DepEd website while the promotional and instructional videos of this exercise can be accessed through the following link: <https://tinyurl.com/DepED-Galaw-Pilipinas>. For the Program of Activities, kindly refer to Annex A.

For more information or any queries, all concerned may contact Mr. Harold D. Espiritu through email: [harold.espiritu@deped.gov.ph](mailto:harold.espiritu@deped.gov.ph).

Immediate dissemination of this memorandum is requested.



Republic of the Philippines

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Annex A

## Program

Activity	Time
<b>Part I: Opening Program</b>	
National Anthem	
Prayer	
DepEd Vision, Mission, and Core Values	
*Quality Policy Statement	
Opening Remarks	
➤ Dir. Jocelyn DR Andaya Bureau of Curriculum Development	
Message of the Assistant Secretary	
➤ Asec. Alma Ruby Torio Curriculum and Instruction	
Message of the Undersecretary	
➤ Usec. Diosdado San Antonio Curriculum and Instruction	
Intermission	
➤ Quezon Science Madrigal Virtuosos	
Galaw Pilipinas Promotional Video (Learners)	
Video Introduction of the Keynote Speaker	
Keynote Speech	
➤ Sec. Leonor Magtolis Briones Department of Education	
Galaw Pilipinas Promotional Video (All Stakeholders)	
<b>Part II: Mini-Lectures</b>	
Galaw Pilipinas: The DepEd National Calisthenics Exercise Program Infographic Video	
Strengthening Cardio-vascular Endurance	
➤ Bureau of Learners Support Services-School Health Division (BLSS-SHD)	
Importance of Calisthenics Exercise	
➤ Prof. Hercules P. Callanta University of the Philippines	
Distinguishing Dance from Exercise	
➤ Prof. Sebastian Ma. Martin M. Ripoll Magna Anima Teachers College	
Integrating Culture and Exercise	
➤ Dr. Lordinio Vergara Philippine Normal University	
Overview of the Development of Galaw Pilipinas	
➤ Ms. Rosa Ligaya C. Domingo	
Intermission	
	9:00-9:30 AM
	9:30-10:30 AM
	10:30-11:15 AM

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➤ Quezon Science Madrigal Virtuosos	
<b>Part III: Closing Program</b>	
Closing Remarks	
➤ Dir. Samuel Soliven Bureau of Curriculum Development	11:15-11:30 AM
Galaw Pilipinas Instructional Video	