



Republic of the Philippines
Department of Education
MIMAROPA REGION
SCHOOLS DIVISION OF OCCIDENTAL MINDORO

EDUCATIONAL MINDORO
RELEASED
DATE: JUL 26 2022
DIVISION OFFICE
MAMBURAO

Office of the Schools Division Superintendent

July 25, 2022

DIVISION MEMORANDUM

No. 000288, s. 2022

VIRTUAL ORIENTATION ON "GALAW PILIPINAS": THE DEPED NATIONAL CALISTHENICS EXERCISE PROGRAM

TO: OIC-Asst. Schools Division Superintendent
Chief Education Supervisors, CID and SGOD
Public Schools District Supervisors
Public Elementary and Secondary School Heads
All Other Concerned

1. Pursuant to Article XIV, section 19 of the 1987 Philippine Constitution, which declares that the "state shall promote physical education and encourage sports programs, league competitions, and amateur sports, including training for international competitions, to foster self-discipline, teamwork, and excellence for the development of a healthy and alert citizenry," the Department of Education launched the **Galaw Pilipinas** - the Department's National Calisthenics Exercise Program that will be part of the daily exercise routine in schools and community learning centers. This is in response to the impact of the pandemic to the learners' reduced physical activities that affected their overall health.
2. In this light, this Office shall launch this program online on August 3, 2022 at 9:00 o'clock in the morning in which the link shall be sent in the respective DepEd eMail accounts of the participants.
3. The activity aims to orient the participants on the Implementing Guidelines of "Galaw Pilipinas": The DepEd National Calisthenics Exercise Program.
4. The participants to this activity are the Public Schools District Supervisors, School Heads and School MAPEH Coordinators/MAPEH Department Heads. They are advised to register in this link: <https://tinyurl.com/OksiGalawPilipinas>.
5. Immediate dissemination of and strict compliance with this Memorandum is desired.


LYNN G. MENDOZA, EdD
Asst. Schools Division Superintendent
Officer-in-Charge
Office of the Schools Division Superintendent

CID MAPEH MTD



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