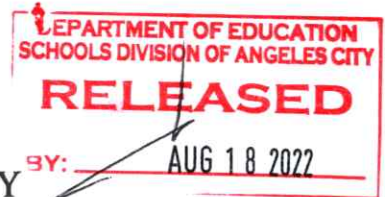




Republic of the Philippines  
**Department of Education**  
REGION III  
**SCHOOLS DIVISION OF ANGELES CITY**



August 18, 2022

**DIVISION MEMORANDUM**

No. 307, s. 2022

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

To: Assistant Schools Division Superintendent  
Chief, SGOD  
OIC-Chief, CID  
Heads Public Elementary and Secondary Schools

1. Please be informed of the Regional Memorandum No. 468, s. 2022, dated August 12, 2022, titled "**Implementation of the Galaw Pilipinas in all Public Elementary and Secondary Schools in DepEd Region III**" issued by the DepEd Region III.
2. Attached is the **RM 468, s. 2022** for your reference and guidance.
4. Wide dissemination of and strict compliance to the contents of this Memorandum is highly enjoined.

  
**MA. IRELYN P. TAMAYO PhD, CESO V**  
Schools Division Superintendent

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**"SMILES BRIGHT, SERVES RIGHT"**



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.





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

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.

  
Digitally signed by Edar May  
Batanga  
Date: 2022.08.15 07:24:44 +08'00'  
**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

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August 12, 2022



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