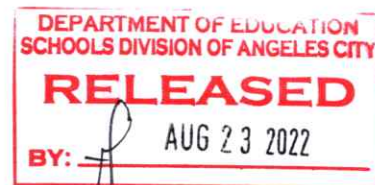




Republic of the Philippines  
**Department of Education**  
Region III  
**SCHOOLS DIVISION OF ANGELES CITY**



August 22, 2022

**DIVISION MEMORANDUM**

No. 313, s. 2022

**INDAK AT GALAW: DIVISION IMPLEMENTATION OF THE NATIONAL CALISTHENICS EXERCISE PROGRAM (GALAW PILIPINAS) IN ALL PUBLIC ELEMENTARY AND SECONDARY SCHOOLS IN DEPED ANGELES CITY**

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

1. In response to the **Regional Memorandum No. 468, s. 2022 Implementation of Galaw Pilipinas in all Public Elementary and Secondary Schools in DepEd Region III** and reiterated in the **Division Memorandum No. 307, s. 2022**, the **Schools Division of Angeles City**, along with all public elementary and secondary schools in Angeles City has initiated a project entitled **"Indak at Galaw: Division Implementation of the National Calisthenics Exercise Program (Galaw Pilipinas) in all Public Elementary and Secondary Schools in DepEd Angeles City"** to ensure the effective implementation of *Galaw Pilipinas* in public elementary and secondary schools.
2. Similarly, the following guidelines shall observe:
  - 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, and 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.

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- 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.
3. Additionally, the **Education Program Supervisor for School Governance and Operations Division (SGOD)** and the **Education Program Supervisor for Music, Arts, Physical Education, and Health (MAPEH)** shall carry out monitoring, evaluation, and technical assistance to all public schools to ensure the proper implementation of the said National Calisthenics Exercise Program.
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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