



Republic of the Philippines
Department of Education
Region III

SCHOOLS DIVISION OF BULACAN

January 28, 2022

DIVISION MEMORANDUM

No. 037, s. 2022

**ADOPTION, PROMOTION, AND IMPLEMENTATION OF GALAW PILIPINAS IN
SCHOOLS DIVISION OF BULACAN**

To: Assistant Schools Superintendents
CID/SGOD Chiefs
Public School District Supervisors/Education Program Supervisors
Public Elementary/Secondary School Heads
All Others Concerned

1. Pursuant to DepEd Order 60, s. 2021 re: Guidelines on Galaw Pilipinas: The DepEd National Calisthenics Exercise Program, the Schools Division of Bulacan hereby adopts, promotes, and implements Galaw Pilipinas: The DepEd National Calisthenics Exercise Program in the entire schools division.
2. Galaw Pilipinas DepEd's national calisthenics which shall be part of the daily exercise routine in class and be performed every flag ceremony, flag retreat, or the start of the first class. This calisthenics shall replace the different dances or exercises performed by learners during school-initiated activities.
3. Further, this calisthenics shall be performed by learners in the Public and Private Elementary Schools, Junior High Schools, and Senior High Schools, along with the entire DepEd community. State and local colleges and universities, as well as other higher educational institutions offering basic education, are encouraged to adopt these guidelines.
4. During face-to-face learning, Galaw Pilipinas shall be performed by the learners and the entire school community in every flag ceremony, flag retreat, or before the start of the class. Likewise, Galaw Pilipinas shall be part of demonstration activities, school foundation day, and other 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.
5. The steps/movement patterns shall be taught during PE 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.




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6. In this connection, this office invites all DepEd learners, teaching and non-teaching personnel, officials, and the entire community to watch the virtual launch of **Galaw Pilipinas: DepEd National Calisthenics Exercise Program via DepEd Philippines FB Page on February 14, 2022 @ 9:00 a.m.**
7. Attached here with is a pdf copy of DO 60, 2021 for your complete information.
8. Immediate dissemination of this Memorandum is highly expected.


ZENIA G. MOSTOLES, EdD, CESO V
School Division Superintendent

