



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

February 9, 2022

**DIVISION MEMORANDUM**

No. 052 , s. 2022

**VIRTUAL ORIENTATION AND VIDEO COMPETITION ON GALAW PILIPINAS  
FOR NATIONAL ARTS MONTH CELEBRATION**

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 Presidential Proclamation No. 683 declaring the Month of February of every year as National Arts Month, this office shall conduct virtual orientation on Galaw Pilipinas: The DepEd National Calisthenics Exercise Program and the Division Video Competition of Galaw Pilipinas for teachers to celebrate National Arts Month with the theme, "Sining ng Pag-Asa" this February 24, 2022 (Thursday) and February 28 (Monday), 2022.

2. The Virtual orientation on Galaw Pilipinas: The DepEd National Calisthenics Exercise Program and the Division Video Competition of Galaw Pilipinas for teachers are two (2) activities that will highlight the National Arts Month Celebration via this link:

[https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_YjhkOTgxOTMtZjhhMy00MjA4LWE1MmMtOWMzNzNmOTRiOTAy%40thread.v2/0?context=%7b%22Tid%22%3a%229dfb9bff-3f73-4be5-b140-6af7b8b63bab%22%2c%22Oid%22%3a%22c2271ab3-939c-414b-83f8-7d7483047cc8%22%7d](https://teams.microsoft.com/l/meetup-join/19%3ameeting_YjhkOTgxOTMtZjhhMy00MjA4LWE1MmMtOWMzNzNmOTRiOTAy%40thread.v2/0?context=%7b%22Tid%22%3a%229dfb9bff-3f73-4be5-b140-6af7b8b63bab%22%2c%22Oid%22%3a%22c2271ab3-939c-414b-83f8-7d7483047cc8%22%7d)

3. The activities aim to:

- foster artistic excellence and pay tribute to the uniqueness and diversity of the Filipino heritage and culture;
- establish and promote DepEd Galaw Pilipinas as the national calisthenics that will inculcate nationalism, unity, and discipline among Filipinos;
- deepen the understanding of MAPEH teachers on the role of Galaw Pilipinas in promoting an active lifestyle, inculcating positive values, and countering sedentary living among their learners; and
- ensure that the DepEd Galaw Pilipinas Calisthenics is executed properly in the field.



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4. Participants on this virtual celebration are:

- a. One (1) MAPEH department head in the Secondary or MAPEH Coordinator if there is no department head;
- b. MAPEH Advisers and Coordinators for Elementary; and
- c. One (1) MAPEH teacher per school in the Elementary and Secondary.

5. An EDDIS level elimination shall be held wherein the designated EDDIS chairs and PSDSs shall choose their top 3 winners who will join the Division Level Competition. The winning Galaw Pilipinas Videos shall be submitted on or before February 23, 2022, in this link: [https://drive.google.com/drive/u/0/folders/1bR6I1ppVt\\_oMZoATmahIjwmsc1XkAKf7](https://drive.google.com/drive/u/0/folders/1bR6I1ppVt_oMZoATmahIjwmsc1XkAKf7)

5. The following enclosures articulate the indicative schedule of activities, names of the resource speakers in the virtual orientation, members of the technical working group and the guidelines and criteria for the Division Video Competition of Galaw Pilipinas for Teachers.

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|------------------|--|
| Enclosure No. 1  | Program of Activities  |
| Enclosure No. 2  | List of Resource Speakers and Members of the Technical Working Group                       |
| Enclosure No. 3: | Guidelines and Criteria for the Division Video Competition of Galaw Pilipinas for Teachers |

6. Immediate dissemination of this Memorandum is desired.

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





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Enclosure No. 2 to Division Memorandum No. \_\_\_\_\_, s. \_\_\_\_\_

**DIVISION VIRTUAL CELEBRATION ON NATIONAL ARTS MONTH**  
**February 24 & 28, 2022**

**PROGRAM OF ACTIVITIES**

Time	ACTIVITY	PERSONS INVOLVED
<b>FEBRUARY 24, 2022</b>		
<b>Part I- Opening Program</b>		
7:30 – 8:00 AM	Registration of Participants	
8:00 – 9:30 AM	Opening program	Technical Working Group
	Philippine National Anthem	Audio Visual Presentation
	Prayer	
	DepEd Vision, Mission, and Core Values	
	DepEd Policy Statement	
	Opening Remarks	Ariston E. Manuel EPS - MAPEH
	Inspirational Message	Zenia G. Mostoles, EdD, CESO V Schools Division Superintendent
	Roll Call	Technical Working Group
<b>Part II- Orientation Proper</b>		
9:30 – 10:00 AM	Strengthening Cardio-vascular Endurance	Lambert Nicolas Head Teacher I-MAPEH
10:00 – 10:30 AM	Importance of Calisthenics Exercise	Bernard P. Mendoza Master Teacher I-MAPEH
10:30 – 11:00 AM	Distinguishing Dance from Exercise	Jocelyn Quiambao Head Teacher III- MAPEH
11:00 – 11:30 AM	Integrating Culture and Exercise	Mayette Figueroa Head Teacher III-MAPEH
11:30 – 12:00 PM	Overview of the Development of Galaw Pilipinas	Esperanza Gonzales Head Teacher VI-MAPEH
1:00 – 3:00 PM	Virtual Step by Step Galaw Pilipinas Tutorial	Ferdinand Aldaba Head Teacher III-MAPEH



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3:00 – 5:00 PM	Virtual Calisthenics Demonstration	Participants
<b>FEBRUARY 28, 2022</b>		
7:30 – 8:00 AM	Registration of Participants	
8:00 – 9:00 AM	Opening Program	Technical Working Group
9:00 – 12:00 AM	Contest Proper-Elementary Level	Division Video Competition of Galaw Pilipinas for Teachers Participants
1:00 – 3:00 PM	Contest Proper- Secondary Level	
3:00 – 5:00 PM	Awarding & Closing Program	Technical Working Group

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**LIST OF RESOURCE SPEAKERS AND MEMBERS OF THE TECHNICAL  
WORKING GROUP**

**Resource Speakers**

Name	Designation	School
Lhambert Nicolas	Head Teacher I-MAPEH	Taal National High School
Bernard P. Mendoza	Master Teacher I-MAPEH	Vedasto R. Santiago High School
Jocelyn Quiambao, PhD	Head Teacher III- MAPEH	Dampol 1 <sup>st</sup> National High School
Ma. Leah F. Dalangin	Head Teacher III-MAPEH	Dampol 2 <sup>nd</sup> National High School
Esperanza Gonzales	Head Teacher VI-MAPEH	San Miguel National High School
Ferdinand Aldaba	Head Teacher III-MAPEH	San Pedro National High School

**Technical Working Group**

Name	Designation	School
Jay Arr Tayao, PhD	EPS-SGOD & Division Sports Coordinator	SDO Bulacan
Jaysie Enriquez	Principal IV	Northville V ES
Ma. Teresa Santos	Principal I	Dulong Malabon IS
Jose Patricio Perez	Teacher III	San Nicolas ES
Eugenio Garcia	Head Teacher III - MAPEH	Dr. Felipe De Jesus NHS
Prescilla Libunao	Head Teacher I - - MAPEH	Vedasto R. Santiago HS
Rommel Sayson	Head Teacher II - - MAPEH	AFGBMTS
Rosalie Tianchion	Head Teacher III - MAPEH	Pulong Buhangin NHS
Randy Concepcion	Head Teacher III - MAPEH	Balagtas National Agri. NHS



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*Enclosure No. 3 to Division Memorandum No. \_\_\_\_\_, s. \_\_\_\_\_*

**Guidelines and Criteria for the Division Video Competition of Galaw Pilipinas: The DepEd National Calisthenics Exercise Program**

1. The competition is open to all DepEd Bulacan elementary and secondary public-school teachers.
2. There are two categories in the competition:
  - a. Elementary
  - b. Secondary
3. The calisthenics exercise team may consist of all male, all female, or mixed members with a minimum of six (6) and a maximum of eight (8) teachers.
4. The team are advised to wear comfortable clothes when performing Galaw Pilipinas. They may wear their P.E. uniforms (if available) or jogging pants, t-shirt, and rubber shoes.
5. The audio-video recording must be done in a way that resembles the size and dimension of a live performance on stage. To avoid a blurry image, the video camera should be set on a tripod.
6. The performance should be recorded in the manner it is intended to be performed live, including the necessary attire, backdrop, and props. It is not advised to use pre-recorded sounds or music in the recording.
7. At the beginning of the video, introduce the name of the school and district.
8. The use of smoke devices and explosives for props are not allowed.
9. The first top 3 winners in the EDDIS Level Competition are qualified to join in the Division Level Competition.
10. The team should strictly follow the safety protocols given by the IATF in performing and recording the entry video for the competition.



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11. The decision of the Board of Judges is final and irrevocable.
12. All participants should secure medical certificate from their physicians that they are physically fit to undergo such activities.

***Criteria for Judging:***

Performance	- 30%
Choreography	- 30%
• Creativity	-15%
• Degree of Difficulty	-15%
Synchronization and Timing	- 20%
Costume and Props	- 10%
Over-all-impact	<u>-10%</u>
<b>TOTAL</b>	<b>100%</b>

