

Tracking #

40689-2022

Date:

24 AUG 2022



Republic of the Philippines
Department of Education

Caraga Region
SCHOOLS DIVISION OF SURIGAO DEL SUR

Office of the Schools Division Superintendent

24 AUGUST 2022

Division MEMORANDUM

No. 585, s. 2022

**DIVISION CONDUCT OF GALAW PILIPINAS & PHYSICAL FITNESS
IMPLEMENTATION**

To : Public Schools District Supervisors and District In Charge
Elementary/Secondary School Heads
Regional/Division Trainers on Galaw Pilipinas/PFT
This Division

1. Galaw Pilipinas implementation/institutionalization in the Districts and Schools. Galaw Pilipinas is a four-minute Mass Calisthenics routine shall contribute to the 60 minutes moderate to vigorous physical activity.
2. The DepEd Division Office encourages all employees, Teachers, School Heads, PSDSs, PSDICs, Non-Teaching personnel in the schools for a massive implementation and participation of Galaw Pilipinas a "Mass Calisthenics" every Flag Ceremony and during Flag Retreat and in the schools & office anytime at your convenience to be physically fit and to have Mental Wellness as well as this can be done during Health Break morning and afternoon and any event in the Districts, Schools and the community as well.
3. The objectives are as follows:
 - a. Demonstrate the proper execution of Physical Fitness and Galaw Pilipinas steps/movements.
 - b. Strengthen the implementation of Galaw Pilipinas steps/movements and Physical Fitness
 - c. Ensure that Teachers in MAPEH, Select Division Trainers shall spearhead with the District, Division Trainers & Sports Coordinators.
4. This mandate is based on DepEd Order No. 60, s. 2021 and supported by Division Memorandum No. 551, s. 2022, that give emphasis enjoining all learners, Teachers, Non-Teaching employees of DepEd to participate.
5. Attire is black jogging pants/leggings, rubber shoes and white t-shirt.
6. Attendance checking will be done everytime the employees are performing the tasks. Awarding of highest percentage of attendance every month shall be done at the school level. PSDS/DICs are also directed to recognize schools with exemplary performance on this every quarter. A quarterly accomplishment report shall be submitted by the District MAPEH Coordinator to Division MAPEH Supervisor Antonio V. Salazar, EdD via antonio.salazar@deped.gov.ph.





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7. For your guidance and strict compliance

JOSITA B. CARMEN, CESO V
Schools Division Superintendent

Encl.: As stated

Reference: DepEd Orders No. 60, S. 2021 & DM No. 551, s. 2022

To be indicated in the Perpetual Index
under the following subjects:

GALAW PILIPINAS

PHYSICAL FITNESS

IMPLEMENTATION

AVS//DM- DIVISION CONDUCT OF GALAW PILIPINAS & PHYSICAL FITNESS IMPLEMENTATION

585 /AUGUST 24, 2022

