



Republic of the Philippines
Department of Education
NATIONAL CAPITAL REGION
SCHOOLS DIVISION OFFICE OF MUNTINLUPA CITY

SEP 01 2022

Advisory No. 191, s. 2022
August 31, 2022

In compliance with DepEd Order (DO) No. 8, S. 2013
This advisory is issued for the information of DepEd officials,
personnel/staff, as well as the concerned public.

**GALAW PILIPINAS: THE DEPED NATIONAL CALISTHENICS EXERCISE
PROGRAM**

Attached is DepEd NCR Advisory No. 211, s. 2022 dated August 16, 2022 on the above-captioned title, contents of which are self-explanatory, for the information and guidance of all concerned.

Participation of public and private schools shall be subject to the no-disruption-of-classes policy stipulated in DepEd Order No. 9, s. 2005 entitled Instituting Measures to increase Engaged Time-on-Task and Ensuring Compliance Therewith.

Moreover, schools are reminded of the “No Collection and No selling of Tickets Policy” stipulated in DepEd Order Nos. 19 and 40, s. 2008 and RA Nos. 4206 and 5546.

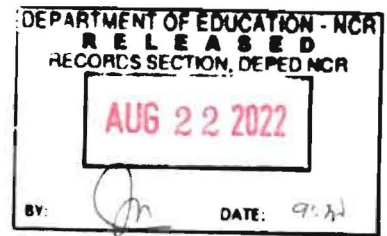

NERISSA ROXAS-LOMEDA PhD
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ECE/ GALAW PILIPINAS: DEPED NATIONAL CALISTHENICS EXERCISE PROGRAM
191/August 31, 2022



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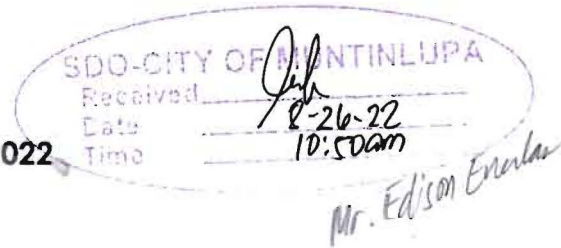




Republic of the Philippines
Department of Education
NATIONAL CAPITAL REGION

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ADVISORY NO. 6 211, S. 2022
August 16, 2022



GALAW PILIPINAS: THE DEPED NATIONAL CALISTHENICS EXERCISE PROGRAM

TO: Schools Division Superintendents

This is in reference to the attached Advisory from **Jose Ernesto B. Gaviola**, Undersecretary, Curriculum and Instruction, regarding DepEd Order 60, s. 2021 on the "Implementing Guidelines of Galaw Pilipinas". Particular attention is invited to paragraph A of this Order.

The official and instructional videos of Galaw Pilipinas may be accessed through: <https://tinyurl.com/DepED-Galaw-Pilipinas>.


WILFREDO E. CABRAL
Regional Director





Republic of the Philippines
Department of Education
UNDERSECRETARY FOR CURRICULUM AND INSTRUCTION

ADVISORY
ON THE IMPLEMENTATION OF GALAW PILIPINAS: THE DEPED NATIONAL CALISTHENICS EXERCISE PROGRAM

Relative to the opening of classes on August 22, 2022, please be reminded of the DepEd Order 60, s. 2021 regarding the implementing Guidelines of *Galaw Pilipinas*: The DepEd National Calisthenics Exercise Program as stipulated below:

“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 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.

b. The learners are advised to wear comfortable clothes when performing Galaw Pilipinas. When face-to-face classes resume, learners may wear their P.E. uniforms (if available) or jogging pants, t-shirt, and rubber shoes.

c. 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.”

Further, the official instructional and promotional videos of *Galaw Pilipinas* may be accessed through: <https://tinyurl.com/DepED-Galaw-Pilipinas>.

Immediate dissemination of this advisory is desired.

JOSE ERNESTO B. GAVIOLA
Undersecretary for Curriculum and Instruction