



Republic of the Philippines
Department of Education
REGION VIII - EASTERN VISAYAS

March 8, 2022

REGIONAL MEMORANDUM

No. **185** s. 2022

**PARTICIPATION TO THE VIRTUAL ORIENTATION ON DEPED ORDER
NO. 60, S. 2021-GUIDELINES ON GALAW PILIPINAS: THE DEPED
NATIONAL CALISTHENICS EXERCISE PROGRAM**

To: Schools Division Superintendents
All Others Concerned

1. Pursuant to the attached Memorandum DM-CI-2022-055, re: **Virtual Orientation on DepEd Order No. 60, s. 2021-Guidelines on Galaw Pilipinas: The DepEd National Calisthenics Exercise Program**, this Office, through the Curriculum and Learning Management Division (CLMD), requires the official participants listed in the enclosure to attend the said virtual activity on March 14, 2022 at 8:30 a.m. via MS Teams platform.
2. The participants to the said activity shall register on or before March 10, 2022 at <https://bit.ly/galawpilipinas>.
3. Immediate dissemination of and strict compliance with this Memorandum are desired.


EVELYN R. FETALVERO, CESO IV
Regional Director

Enclosures: As stated
References: As stated
To be indicated in the Perpetual Index under the following subjects:

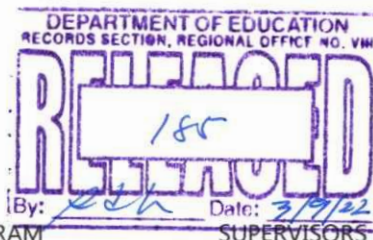
OFFICIALS

ORIENTATION

PROGRAM

SUPERVISORS

CLMD-NPJ



Enclosure No. 1 to Regional Memorandum No. 185, s. 2022

List of Participants to the Virtual Orientation on DepEd Order No. 60, s. 2021-Guidelines on Galaw Pilipinas: The DepEd National Calisthenics Exercise Program

March 14, 2022 (8:30 a.m. Via MS Teams)

NAME	POSITION/ DESIGNATION	DIVISION
HARVIE D. VILLAMOR	Chief CLMD	RO
NOVA P. JORGE	EPS, CLMD	RO
JOSEMILO P. RUIZ	CID Chief	Baybay City
JO-ANN CERNA-RAPADA	EPS	
JOSE B. MONDIDO	CID Chief	Biliran
BENJAMIN M. MEDALLO	EPS	
LEA C. ABERIA	CID Chief	Borongan City
GIL JACINTO AMPONG	EPS	
RENATO S. CAGOMOC	CID Chief	Calbayog City
MERCEDITA S. GARCIA	EPS	
MA. LUZ I. ORBE	CID Chief	Catbalogan City
ARLENE H. DELA TORRE	EPS	
NICOLAS G. BAYLAN	CID Chief	Eastern Samar
ABELARDO G. CAMPANI	EPS	
FELECIDAD ESPINOSA	CID Chief	Leyte
CRISANTO T. DAGA	EPS	
ROSEMARY S. ACHACOSO	CID Chief	Maasin City
FERNANDO SALAPI	EPS	
ALEX REJUSO	CID Chief	Northern Samar
OMAR O. TY	EPS	
ALEJANDRO S. ALMENDRAS	CID Chief	Ormoc City
NOEL C. LABANIEGO	EPS	

EMELEEN ABANO CON-UI	School Principal	
ANTONIO CAVEIRO	CID Chief	Samar
NANCY M. ABARRACOSO	EPS	
LIZA L. DEMETERIO	CID Chief	Southern Leyte
ALLAN M. ROSELLO	EPS	
CYNTHIA T. ABUNDA	HT 3	
MARK CHESTER ANTHONY G. TAMAYO	CID Chief	Tacloban City
JESSICA M. ABRIL	EPS	
JOELMA I. DAGAMI	School Principal	

Prepared by:


NOVA P. JORGE EdD.
 EPS, CLMD

Noted:


HARVIE D. VILLAMOR EdD
 Chief, CLMD

Approved:


EVELYN R. FETALVERO, CESO IV
 Regional Director



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DEPARTMENT OF EDUCATION
REGION VIII, EASTERN VISAYAS
RECEIVED

3/4/22

Date / Tracking No.

Signature

BCD-SCPD-O-2022-2642

MEMORANDUM
DM-CI-2022-055

OFFICE OF THE DIRECTOR IV
04 MAR 2022 4:40
07 MAR 2022 4:40
Signature

TO : Minister, Ministry of Basic, Higher and Technical Education, BARMM
All Regional Directors

ATTENTION: Schools Division Superintendents
Chief Education Supervisors
Regional and Division Supervisors
All Others Concerned

FROM : DIOSDADO M. SAN ANTONIO
Undersecretary for Curriculum and Instruction

SUBJECT : Virtual Orientation on DepEd Order No. 60, s. 2021—
Guidelines on Galaw Pilipinas: The DepEd National Calisthenics Exercise Program

DATE : March 2, 2022

Relative to the release of **DepEd Order No. 60, s. 2021** titled "Guidelines on Galaw Pilipinas: The DepEd National Calisthenics Exercise Program," the Department of Education, through the Bureau of Curriculum Development-Special Curricular Programs Division, shall conduct the **Virtual Orientation on DepEd Order No. 60, s. 2021—Guidelines on Galaw Pilipinas: The DepEd National Calisthenics Exercise Program** on **March 14, 2022 at 8:30 a.m.** via **MS Teams platform**.

This orientation specifically aims to:

- discuss the Guidelines for Galaw Pilipinas: The DepEd National Calisthenics Exercise Program; and
- address issues and concerns regarding the implementation of Galaw Pilipinas.

The expected participants for this orientation are the Chief Education Supervisors of Curriculum and Learning Management Division (CLMD) and Curriculum Implementation Division (CID), Regional and Division Education Program Supervisors in-charge of Music, Arts, Physical Education, and Health (MAPEH)/Special Program in Sports (SPS), and selected School Heads.

The matrix of activities and allotted number of participants per region are provided in **Annexes A and B** for your reference. The regional office is requested to send the confirmation of their participants using the template in **Annex C** to email address:



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harold.espiritu@deped.gov.ph on or before March 8, 2022. Likewise, participants are requested to register at <https://bit.ly/galawpilipinas> on or before **March 10, 2022** to receive the meeting details via e-mail.

For your reference, the DepEd Order No. 60, s. 2021 can be downloaded through the DepEd website while the promotional and instructional videos of this exercise can be accessed through the following link: <https://tinyurl.com/DepED-Galaw-Pilipinas>.

For coordination and inquiries, please contact Mr. Harold D. Espiritu, SPS Focal Person at the above email address or Mr. Restituto M. Mendoza, SPS Focal Person through email at restituto.mendoza001@deped.gov.ph.

Immediate and wide dissemination of this memorandum is requested.



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Annex A

Virtual Orientation on DepEd Order No. 60, s. 2021—Guidelines on Galaw Pilipinas: The DepEd National Calisthenics Exercise Program

March 14, 2022, 8:30 AM

via MS Teams

ACTIVITY MATRIX

8:30-8:45	National Anthem Invocation
8:45-8:55	DepEd Vision, Mission, and Core Values Quality Policy Statement
8:55-9:05	Statement of Purpose and Activity Matrix <ul style="list-style-type: none">Dr. Isabel A. Victorino Chief Education Program Specialist
9:05-9:10	Opening Remarks <ul style="list-style-type: none">Dir. Jocelyn DR Andaya Director IV
9:10-9:15	Intermission Galaw Pilipinas Promotional Video (Stakeholders)
Plenary	
9:15-9:25	Overview of the Development of Galaw Pilipinas <ul style="list-style-type: none">Ms. Rosa Ligaya C. Domingo Retired Supervising Education Program Specialists/OIC Chief-SCPD
9:25-9:35	Strengthening Cardiovascular Endurance <ul style="list-style-type: none">Dr. Ma. Corazon C. Dumlao Chief Health Program Officer BLSS-SHD
9:35-9:40	Intermission <ul style="list-style-type: none">Quezon Science Madrigal Virtuosos SDO Quezon, Region IV-CALABARZON
9:40-9:50	Importance of Calisthenics Exercise <ul style="list-style-type: none">Prof. Hercules P. Callanta Associate Professor 7 University of the Philippines-Diliman
9:50-10:00	Distinguishing Dance from Exercise <ul style="list-style-type: none">Prof. Sebastian Ma. Martin M. Ripoll Director and Faculty Magna Anima Teachers College
10:00-10:10	Integrating Culture and Exercise <ul style="list-style-type: none">Dr. Lordinio A. Vergara



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	Vice President, University Relations and Advancement Philippine Normal University
Orientation Proper	
10:10-10:20	Galaw Pilipinas: The DepEd National Calisthenics Exercise Program Infographic Video
10:20-10:45	Discussion on the guidelines for Galaw Pilipinas: The DepEd National Calisthenics Exercise Program (DepEd Order No. 60, s. 2021) <ul style="list-style-type: none">• Restituto M. Mendoza, Harold D. Espiritu & Clodualdo V. Paiton Senior Education Program Specialists/Technical Specialist
10:45-10:50	Heads up on Galaw Pilipinas <ul style="list-style-type: none">• Mikael Sandino T. Andrey Supervising Education Program Specialist
10:50-11:10	Open Forum
11:10-11:15	Galaw Pilipinas Promotional Video (BCD)
11:15-11:20	Closing Remarks <ul style="list-style-type: none">• Dir. Samuel Soliven Director III



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Annex B

Virtual Orientation on DepEd Order No. 60, s. 2021—Guidelines on Galaw Pilipinas: The DepEd National Calisthenics Exercise Program

March 14, 2022, 8:30 AM
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NUMBER OF PARTICIPANTS

Region	CLMD Chief	Regional MAPEH/SPS EPS	CID Chief	Division MAPEH/SPS EPS	School Head	Total
I	1	1	14	14	3	32
II	1	1	9	9	2	22
III	1	1	20	20	5	47
IV-A	1	1	21	21	5	49
IV-B	1	1	7	7	2	18
V	1	1	13	13	3	31
VI	1	1	20	20	5	47
VII	1	1	19	19	4	44
VIII	1	1	13	13	3	31
IX	1	1	8	8	2	20
X	1	1	14	14	3	32
XI	1	1	11	11	3	27
XII	1	1	8	8	2	20
CARAGA	1	1	12	12	3	29
BARMM	1	1	10	10	3	25
CAR	1	1	8	8	2	20
NCR	1	1	16	16	3	37



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Annex C

Virtual Orientation on DepEd Order No. 60, s. 2021—Guidelines on Galaw Pilipinas: The DepEd National Calisthenics Exercise Program

March 14, 2022, 8:30 AM

via MS Teams

CONFIRMATION SHEET

Region: _____

Name	Position/ Designation	Division	DepEd Email Address	Cellphone No.	FB Name

(Add row if necessary)

Prepared by:

Education Program Supervisor-MAPEH/SPS

Noted:

Chief Education Supervisor-CLMD

Regional Director