




Republic of the Philippines
Department of Education
Region V
SCHOOLS DIVISION OF SORSOGON

MEMORANDUM

TO: Asst. Schools Division Superintendent
Chief Education Supervisors, CID & SGOD
Functional Area Heads
Education Program Supervisors/Division Coordinators
All Others Concerned

FROM:  **JOSE L. DONCILLO, CESO V**
Schools Division Superintendent

SUBJECT: **GALAW PILIPINAS: DepEd NATIONAL CALISTHENICS EXERCISE PROGRAM**

DATE: February 16, 2022

1. Relative to DepEd Order No.60 s. 2021 re: Guidelines on Galaw Pilipinas: The DepEd National Calisthenics Exercise Program, this Office announces the conduct of the said activity every Friday starting February 18, 2022, 3:00pm at SDO Grounds, Balogo Sports Complex, Balogo, Sorsogon City.

2. With the theme "Galaw Pilipinas: Alistong Isip at Aktibong Katawan", this activity aims to:

- promote an active lifestyle for Filipinos that will benefit both their physical and socio-emotional well-being;
- improve strength, flexibility, cardio-vascular endurance, coordination and balance;
- enhance cultural awareness by integrating Philippine cultures in the calisthenics exercises;
- inculcate nationalism, unity and discipline.

3. Participants in the Calisthenics Exercise Program are all SDO Personnel.



Balogo Sports Complex, Balogo, Sorsogon City, Sorsogon 4700 .
Email: sorsogon@deped.gov.ph
Website: depedsorsogon.com.ph



CIP 5461/21/05/1163



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4. The host teams of the Calisthenics Exercise Program are the following:

WEEK	HOST TEAM
1	Budget/Legal Unit/Admin Services/ICT Unit/CPU
2	CID/Cash Section/ALS
3	SGOD/Accounting Section
4	Health & Nutrition/Records Section
5	Personnel Section/Supply Section

5. Participants are reminded to observe physical/social distancing and other articulated health protocols during the activity to ensure the safety of all concerned.

6. Expenses relative to this activity shall be charged against Division MOOE/Other funds subject to usual accounting and auditing rules and regulations.

7. For information and compliance of all concerned.



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