



Republic of the Philippines  
**Department of Education**  
REGION X – NORTHERN MINDANAO  
SCHOOLS DIVISION OF EL SALVADOR CITY

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October 17 2022

DIVISION MEMORANDUM  
No. 465 s. 2022

**DIVISION VIRTUAL ELIMINATION OF GALAW PILIPINAS**

To: Public Elementary School Heads  
Public Secondary School Heads  
All Others Concerned  
This Division

1. Regarding the National Calisthenics Exercise Program of the Department of Education, this Office will conduct a Division Virtual Elimination of Galaw Pilipinas on November 15, 2022 to represent our Division to the Regional Level. In view of this, the four (4) schools shall submit their promotional dance videos entry to the Division Office through [manuel.janubas@deped.gov.ph](mailto:manuel.janubas@deped.gov.ph), not later than November 13, 2022 at 5:00 p.m.
2. The promotional dance video entry shall be participated by the four (4) schools namely; Himaya Elementary School, Kibonbon Elementary School, Molugan National High School and San Francisco de Asis National High School. For guidance, please access the instructional video at the following link: <https://tinyurl.com/DepED-Galaw-Pilipinas>.
3. Participants shall strictly observe the health protocols such as physical distancing and the wearing of face masks during practice.
4. Enclosed herein are the guidelines, criteria for judging and prizes for the best performers.
5. Moreover, this activity adheres to the Equal Opportunity Principle (EOP) in observing all policies and protocol of the said activity. Hence, all actions shall be based solely on guidelines set with no discrimination on the account of age, gender, identity, sexual orientation, civil status, disability, religion, ethnicity or political affiliation.
6. For wide dissemination and appropriate action.

  
**OLGA C. ALONSABE, PhD, CESO V**  
Schools Division Superintendent



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Enclosure No. 1 to the Division Memorandum No. 465, s. 2022

**DIVISION VIRTUAL ELIMINATION OF GALAW PILIPINAS**

November 15, 2022

A. GUIDELINES

1. Participants are School Head of the school, teaching and non-teaching staff, all grades 5 and 6 for elementary level and grades 9 and 10 for secondary level. Participating schools are required to submit the no. of students (officially enrolled) and the no. of teaching and non-teaching staff.
2. Choreographed entry with video effects is allowed.
3. Change of footworks and arms stroke is strictly not allowed.
4. Submission of entries is on or before November 13, 2022, until 5:00 PM.

B. CRITERIA

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|---|------|
| • Stage Department (Intro, entrance, and exit) & participation  | 20 % |
| • Choreography (tricky transition of movements and formation, uniqueness in choreographed formation and its authenticity) | 40 % |
| • Synchronization and body alignment (Synchronized timed body movements, aligned body while moving)                       | 20 % |
| • Rhythm (Synchronized body movements - Following the beat of the music while Performing)                                 | 20 % |

For winning school

- Will receive plaque of recognition
- Coordinators, trainers and participants of winning school will receive a certificate of recognition

For non-winning schools

- Will receive a certificate of participation.
- Coordinators, trainers and participants of non-winning schools will receive a certificate of participation

Prepared by:

**MANUEL A. JANUBAS**  
EPS, MAPEH  
Galaw Pilipinas Focal Person

