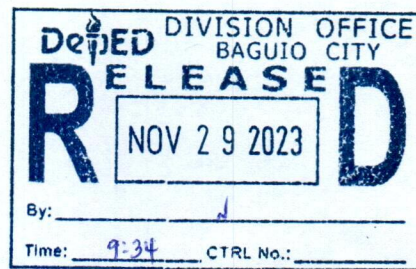




Republic of the Philippines
Department of Education
Cordillera Administrative Region
SCHOOLS DIVISION OF BAGUIO CITY



November 28, 2023

DIVISION MEMORANDUM

No. **486-2023**

**DIVISION NATIONAL CALISTHENICS EXERCISE (GALAW PILIPINAS)
COMPETITION**

To: All Chief Education Supervisors
Education Program Supervisors
Public Schools District Supervisors
Public School Heads-Elementary and Secondary
District Focal Persons, Coordinators, Trainer
Others Concerned

1. Pursuant to DepEd Order No.60, s.202, "**Guidelines on Galaw Pilipinas: The DepEd National Calisthenics Exercise Program**", the Schools Division of Baguio City will conduct an online **Galaw Pilipinas Competition** this December 2023.
2. The objective of the competition is to strengthen the promotion of active lifestyle among Filipinos through the National Calisthenics Exercise (Galaw Pilipinas) Program which is a part of the daily exercise routine in Public and Private schools and community learning centers.
3. Participants are learners, teaching, and nonteaching personnel in the public elementary and secondary schools.
4. For the mechanics and criteria, see attached enclosure.
5. Cash prizes, certificates, and tokens will be given to the winning entries while certificates will be given to all participating students and coaches/teachers.
6. Immediate dissemination of this Memorandum is desired.

SORAYA T. FACULO PhD, CESO VI
Assistant Schools Division Superintendent
Officer-in-Charge
Office of the Schools Division Superintendent

For the OIC- Schools Division Superintendent:

NIÑO M. TIBANGAY, PhD
Chief- Schools Governance and Operations Division





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Enclosure 1 of Division Memorandum **486-2023**

**NATIONAL CALISTHENICS EXERCISE-GALAW PILIPINAS
GUIDELINES, MECHANICS and CRITERIA**

1. The competition has 3 categories:
 - a. Elementary Learner:
 - b. Secondary Learners
 - c. Teaching and Non- Teaching Personnel
2. Each category should have a minimum of 75 members and a maximum of 150 members, who are composed of male and female.
3. For teaching and non-teaching category (all personnel should be properly represented example: SDS, ASDS, chief, Supervisor, Unit Heads, SH, AO, HT, teachers, utilities, guard, etc. who are permanent, contractual or probationary paid). Elementary and Secondary personnel may combine if teaching and non-teaching is not enough to comply with 75 pax as long as they are located in the same vicinity of the campus.
4. The duration of the dance should not be less than 4:10 minutes and not more than 5:40 minutes including footage. Deduction shall be given for every one (1) minute deficit or excess.
5. Participants in this event assume that they are all in good health and fit for the execution. The Division office is not responsible for personal injury, property loss, potential exposure to COVID-19 acceptance of such risk. Learners should sign waiver provided by the school.
6. **Criteria for Judging:**
 - CHOREOGRAPHY (formation, combination of movement, & creativity of routine) 40%
 - DEPARTMENT (mastery, timing, coordination & discipline) 30%
 - PERFORMANCE (grace, skills, and fluidity of transition between exercise) 20%
 - ENTERTAINMENT VALUE (costumes & scenery) 10%

TOTAL:
100%
7. Participants in this event indicate acceptance of such any violation will lead to one (1) point deduction from each judge's score sheet.
8. Submit list of participants for verification and date in the video duly signed by Administrative Officer and or School Head.
9. **Prizes and Recognition**

All participating schools will be given certificate of participation. Certificate of Recognition and a cash prize will be given to all winners in each category including two (2) Special Awards.





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| Category | Champion | 1st Runner-Up | 2nd Runner-Up | 3rd Runner-Up | 4th Runner-Up | Special Award | Total |
|--|-----------|---------------|---------------|---------------|---------------|---------------|------------------|
| A. Elementary Learners | 10,000.00 | 7,000.00 | 5,000.00 | 2,500.00 | 1,500.00 | | 26,000.00 |
| B. Secondary Learner | 10,000.00 | 7,000.00 | 5,000.00 | 2,500.00 | 1,500.00 | | 26,000.00 |
| C. Teaching and Non-Teaching Personnel | 10,000.00 | 7,000.00 | 5,000.00 | 2,500.00 | 1,500.00 | | 26,000.00 |
| D. Special Award (2) | | | 1,000.00 | 1,000.00 | | | 2,000 |
| Total | 30,000.00 | 21,000.00 | 16,000.00 | 7,500.00 | 4,500.00 | 2,000.00 | 80,000.00 |

10. The judges look for performances are different, unique and captivating.
11. Video format must be submitted on or before **December 4, 2023** until 5:00PM only on this link: <https://tinyurl.com/mer3jyy5>
12. Use camera that can capture different angles where full body, close up and wide angle for the whole participants to see and, must be clear audio quality. No stable shots with steady footage
13. **Ranking system** will prevail in all judge's scoresheet.
14. **Judge's decision is final and irrevocable.**
15. For any queries about the competition, please feel free to contact Ms. Lolita Manzano- MAPEH EPS and focal person at Cp no. 09481431060

