



Republic of the Philippines  
**Department of Education**  
Region I  
**SCHOOLS DIVISION OFFICE OF PANGASINAN II**

October 23, 2023

**DIVISION MEMORANDUM**  
No. 522, s. 2023

**DIVISION CONDUCT OF SCHOOL P.E. DAY & LAUNCHING OF  
GALAW PILPINAS- GALAW INDAK PANGASINAN II-SEASON 2**

To: Public Schools District Supervisors/District In-Charge  
Secondary and Elementary School Heads  
All others concerned

1. Physical Education is a part of the school curriculum; a comprehensive and structured component of MAPEH. It is a program which includes not only training in motor development, physiological integrity and the knowledge necessary to support an active, productive and healthy quality of life but also sport, culture-based games and recreational opportunities so that skills can be practiced and reinforced.
2. The objectives and goals of the activity are:
  - Provide fun, safe and structured play experiences that promote physical, mental and social development of every child.
  - Enhance social interaction by exposing our learners to leisure activities that will contribute to an active lifestyle and enhance physical fitness.
  - Integrate culture- based games- Laro ng Lahi for friendly competition.
3. Along this perspective, schools in both elementary and secondary are encouraged to conduct School Intramurals with this year's **theme: "Move to Learn, Learn to Move" for Socialization, Enjoyment and Sustainable Fitness for Life**" and launching of the Division innovative Programs in MAPEH entitled "**GALAW- INDAK PANGASINAN II SEASON 2**" will be held on one Friday for the month of November, 2023 either on these dates November 10, 17, 24, 2023.(See attached Enclosure -Implementing Guidelines).
4. Schools are required to prepare Program Proposal and Narrative Report on the conduct of said activity.
5. For widest dissemination to all personnel concerned.

APPROVED FOR TRANSMISSION:

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**ENCLOSURE NO. 1, DIVISION MEMORANDUM NO. \_\_\_\_,S 2023**

**PROGRAM IMPLEMENTATION GUIDELINES- SCHOOL P.E. DAY**

1. PE Day/Recreational Activity Day seeks to enhance the health of participants, therefore, the following guidelines should be strictly followed:

- All activities should be structured to ensure the safety requirements are met including consideration of each student's readiness for the activity based upon age, skill and physical condition.

-All participants should have medical clearance to participate. **PAR-Q** (Physical Activity Readiness Questionnaire ) test should be administered for this purpose( Sample of this test to be posted in the GCs).

- Clothing should be appropriate to the activity.

- Activities to be conducted should be within the capabilities of the school human resources and available sports equipment and game paraphernalia to be supervised by the teachers to ensure safety and orderly progression of each event.

2. Suggested activities for Intramurals:

- A. Friendly competitions in various sports that may serve to scout potential athletes like Jump rope, Basketball, Volleyball, Sepak Takraw , Athletics, Badminton and other games depending on the availability of Sports Equipment and Trained Personnel to administer the games/sport.
- B. Culture-based games – LARO NG LAHI like Tumbang Preso, Patintero, Luksong Baka, Luksong Tinik and others.
- C. Social Interaction and Development Activities like Search for MR. & MS. INTRAMURALS (JHS & SHS)
- D. Mass Demonstration of Galaw-Pilipinas & "Galaw-Indak Pangasinan II" Calisthenics Dance Exercise

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**PROGRAM DESCRIPTION AND IMPLEMENTATION- GALAW PILIPINAS- GALAW  
-INDAK PANGASINAN II**

1. Galaw -Indak Pangasinan II is a four-minute dance exercise with a fusion of Aerobics, Taebo and integration of basic dance steps of Pangasinan Folk Dances and Sports Movements. It stresses in the promotion and value of an active lifestyle among of our learners, teachers and school officials.
2. This Dance Exercise will be performed as an additional dance exercise to the Galaw Pilipinas National Calisthenics Exercise during Flag Ceremony by all learners, teaching and non-teaching
3. Sample Dance Videos will be uploaded in our GCs.
4. To ensure inclusivity, the intensity of the execution shall vary according to the type of participants and their essential stages.
5. All participants should have medical clearance to participate. **PAR-Q** (Physical Activity Readiness Questionnaire) test should be administered for this purpose( Sample of this test to be posted in the GCs).



**LILIBETH A. DAUS  
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