



Republic of the Philippines
Department of Education

REGION I
SCHOOLS DIVISION OFFICE OF PANGASINAN II
Canarvacanan, Binalonan, Pangasinan

Office of the Schools Division Superintendent

October 13, 2024

DIVISION MEMORANDUM

No. 547, s. 2024

**TO: DISTRICT SUPERVISORS
SECONDARY SCHOOL PRINCIPALS
ASSISTANT SCHOOL PRINCIPALS- SHS
SCHOOL HEAD OF PRIVATE SCHOOLS**

**FROM: VIVIAN LUZ S. PAGATPATAN, PHD, CESO VI
OIC, Office of the Schools Division Superintendent**

**SUBJECT: DIVISION CONDUCT OF SCHOOL-BASED PHYSICAL EDUCATION &
RECREATIONAL DAY AND KICK-OFF OF DIVISION FITNESS
PROGRAM ENTITLED "GALAW-INDAK PANGASINAN II" YEAR 8**

PARTICULARS

1. Pursuant to CSC Memorandum No. 8, s. 2011 re : Reiteration of the Physical Fitness Program "Great Filipino Workout", all government agencies are hereby required to adopt " The Great Filipino Workout " as an integral part of the National Physical Fitness and Sports Development Program for government personnel.
2. Physical Education is important such makes it legally compulsory in most culture, to develop character, promotes healthy lifestyle, sets a person up for a happy and productive youth life. As stated in Article XIV, Section 19 1987 Philippine Constitution of the Republic of the Philippines, provides "The state shall promote physical education and encourage sports program. Republic Act No. 5708, Section1, "The Schools Physical Fitness Education and Sports Development Act of 1969". Section 2, An integrated Physical Education and Sports Development in all schools in the Philippines
3. 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- "**Laro ng Lahi**" and recreational opportunities so that skills can be practiced and reinforced.
4. The objectives and goals of the activity are:
 - Instill in young citizens a proper appreciation of the importance of physical development hand in hand with the mental development in individual and social activities.
 - Provide fun, safe and structured play experiences through culture- based games -"Laro ng Lahi that promote physical, mental and social development of every child and for friendly competition.



Guico Street, Canarvacanan, Binalonan, Pangasinan



DepEd Pangasinan II
Infoboard Group



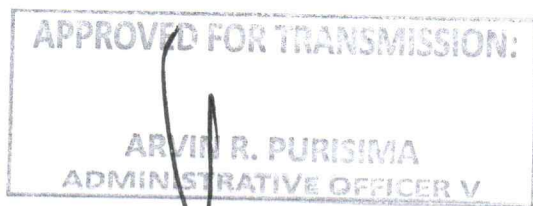
pangasinan2@deped.gov.ph

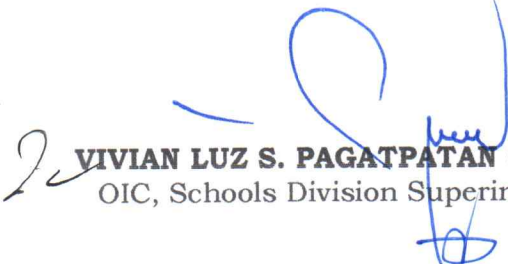


www.depedpang2.ph

-Enhance social interaction by exposing our learners to leisure activities that will contribute to an active lifestyle and enhance physical fitness

5. Along this perspective, **School-based PE & Recreational Day** will be conducted in all schools of Pangasinan II on **October 25, 2024** with the theme "**SHAPE PANGASINAN II**"- **Stay Happy and Active through Physical Empowerment**. (See attached Enclosure -Implementing Guidelines).
6. Schools should prepare a program proposal and accomplishment report to be uploaded on this link: <https://forms.gle/fLX3jwhzFbfYE3gc8> on or before November 8
7. For widest dissemination to all personnel concerned.




VIVIAN LUZ S. PAGATPATAN CESO VI
OIC, Schools Division Superintendent



Guico Street, Canarvacanan, Binalonan, Pangasinan



DepEd Pangasinan II
Infoboard Group



pangasinan2@deped.gov.ph



www.depedpang2.ph

ENCLOSURE NO. 1, DIVISION MEMORANDUM NO. ____,S 2024

PROGRAM IMPLEMENTATION GUIDELINES- PE & RECREATIONAL DAY

1. 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 to ensure safety and orderly progression of each event.

2. Participants to said activity are the Grade 4-6 learners for elementary and Grade 7-12 in the secondary.

3. Integrate Values Education, Literacy in the conduct of Laro ng Lahi like vocabulary development and reading and numeracy like counting.

Suggested activities :

- A. Any form of physical activity like ball games, running, dancing, etc or friendly games in various sports 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. SHAPE & other Fund Raising activities as per PTA Approved Resolutio.
- D. School-based Mass Demonstration of Galaw-Indak Pangasinan II Fitness Dance Exercise.

PROGRAM DESCRIPTION AND IMPLEMENTATION- GALAW -INDAK PANGASINAN II- VOLUME 2

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 Instructional Dance Videos will be uploaded in our GCs.



Guico Street, Canarvacanan, Binalonan, Pangasinan



DepEd Pangasinan II
Infoboard Group



pangasinan2@deped.gov.ph



www.depedpang2.ph

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).
6. All teaching and non-teaching personnel should have their BMI/Nutritional Status report taken by their school nurses.


LILIBETH A. DAUS
EPS-MAPEH,SPA,SPS



Guico Street, Canarvacanan, Binalonan, Pangasinan



DepEd Pangasinan II
Infoboard Group



pangasinan2@deped.gov.ph



www.depedpang2.ph