DIVISION MEMORANDUM
No. 255 s. 2017

TO: Public District Supervisors
Elementary/Secondary School Principals
Selected MAPEH Trainers
This Division

FROM: EMMALINDA E. DUHAYLUNGSOD, CESO V
Schools Division Superintendent

DATE: October 26, 2017

SUBJECT: DIVISION ECHO-DANCE WORKSHOP ON PHILIPPINE FOLK DANCES

1. The Division of Lanao del Norte thru the Curriculum Implementation Division (CID) will conduct a Division Echo-Dance Workshop on Philippine Folk Dances on November 8-9, 2017 at CADPAC Kapatagan National High School, Kapatagan, Lanao del Norte.

2. The workshop aims to:
   a. foster patriotism and nationalism through the study of our dances;
   b. arouse better appreciation of Philippine music and folk dances;
   c. provide through dancing, a helpful form of relaxation and recreation;
   d. develop a graceful and rhythmic coordination of body movements that will improve posture;
   e. demonstrate the growth of Filipino culture through the evolution of Philippine dances.

3. Each district is expected to send two (2) MAPEH teachers for the elementary and two (2) from each secondary school (Male/Female).

4. Participants are required to wear comfortable dance attire during the workshop.

5. Dance trainers and facilitators to this activity are expected to be in the venue on November 8-9, 2017 at CADPAC Kapatagan National High School, Kapatagan, Lanao del Norte.

6. Attached is the training matrix

7. Dissemination and compliance of this Memorandum is desired.
# 3rd Division Echo-Dance Workshop on Philippine Folk Dances

**November 8-9, 2017**  
Kapatagan National High School  
Kapatagan, Lanao del Norte

<table>
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<th>TIME</th>
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<tr>
<td>7:30-8:00</td>
<td>Arrival/Registration</td>
<td>7:30-8:00</td>
<td>Management of Learning</td>
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<td>8:30-8:45</td>
<td>Opening Program</td>
<td>8:00-9:00</td>
<td>Dance Review</td>
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| 8:45-9:45 | Review of Fundamentals  
Dance Steps & Movements  
Clariza Mae Lascuna | 9:00-10:00 | Classic Dance 7-Region VI  
HAPLIK  
E. Taruc/ C. Lascuna/J. Bacoled/T. Ensendencia |
| 9:45-10:45 | Classic Dance 1-Marikina  
BAKYA  
G. Ouano/B. Generalao/C. Lascuna/G. Ensendencia | 10:00-11:00 | New Dance 4- Negros Island Region  
MANLAMBUS  
B. Abalorio/Zenia Clam |
| 10:45-12:00 | Classic Dance 2  
Region 11  
LA JOTA YOGAD  
E. Cruz/L. Compacion | 11:00-12:00 | New Dance 3-Region VIII  
KURATSA CALBAYOGNON  
L. Boca/L. Compacion |
| 12:00-1:00 | LUNCH BREAK | 1:00-2:00 | Classic Dance 8-Region I  
CARINOSA DE GUADALOPE  
E. Taruc/C. Lascuna |
| 2:00-3:00 | Classic Dance 4- ARMM  
PANGALAY  
B. Abalorio/G. Coronel | 2:00-3:00 | New Dance 5-Region IX  
CHABACANO DE ZAMBOANGA  
| 3:00-4:00 | Classic Dance 5-Region VII  
KURADANG  
G. Roa/Z. Clam | 3:00-4:00 | New Dance 6-Region IV-B  
PUNDO PUNDO  
E. Taruc/Zenia Clam |
| 4:00-5:00 | Classic Dance 6-Region V  
BULAKENYA  
J. Dingco/G. Coronel | 4:00-5:00 | REHEARSAL  
WORKSHOP SHOWCASE |
| | | 5:00-7:00 | DANCE SHOWCASE  
CLOSING PROGRAM |

**Working Committee:**
- Registration  
  Ms. Jonna L. Bacoled/Belen E. Generalao
- T-Shirt Printing  
  Mr. Emerson Y. Madronero/Dan Michael C. Lagat
- Documentation  
  Mr. Earl M. Tolero/Glenn D. Cabatuan
- Certificate/Awards  
  Mr. Johnsen P. Tabano/Rotsen V. Escorial

ROBIN L. TABAR  
Education Program Supervisor