

16 April 2018

Dear Parents of P4 Students

### National Physical Fitness Award (NAPFA) Test

The P4 students are currently being trained for the NAPFA which includes Sit-Ups, Standing Broad Jump, Sit-and-Reach, Inclined Pull-Ups, 4 x 10 m Shuttle Run and 1.6 km Run.

Students have been taught during PE lessons to perform strengthening and conditioning exercises such as dips, sit-ups, planks, tucked jumps and agility runs. Students also have the opportunity to use the NAPFA stations in school during recesses to practice. We encourage students to also practice and train for some of these test items at home.

All students are expected to participate in the NAPFA Test unless they have been medically exempted. More information regarding NAPFA can be found in the Student Handbook on Pages 26 and 27. In addition, students have also been provided with a NAPFA Target Setting Chart for them to regularly set challenging yet realistic targets to achieve their desired goals. The tests will be conducted over 2 days, namely, the 5 test stations (after school) and the 1.6 km run (during curriculum time). Please refer to the dates and details below:

Items	Day/Date	Time	Remarks
5 Stations	Wed, 2 May 18	2 pm - 4.30 pm*	Gather in IBC by 1.55 pm for attendance-taking. Students are advised <u>not</u> to have a heavy lunch before the Test.
1.6 km run	Mon, 14 May 18	7.30 am – 9 am	Students are to have adequate breakfast at home before coming to school.

\*P4 students who are involved in the Mendaki programme will proceed to the MPH after 3.30 pm.

If you have further queries on the NAPFA test, please feel free to email Mr Justin Huan, Teacher-in-charge, at [huan\\_kirk\\_liang\\_justin@moe.edu.sg](mailto:huan_kirk_liang_justin@moe.edu.sg) or call him at 6315 7600. We look forward to your continued support.

Yours sincerely  
Mr Randall Lim  
HOD/Physical Education

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**Acknowledgement Slip** (Please return completed form to the PE Teacher **by Thu, 19 Apr 18**)

### **Re: National Physical Fitness Award (NAPFA) Test**

I have noted the NAPFA test dates for my child. Aside from the medical declaration submitted earlier this year, my child is:

fit to participate in NAPFA Test

unfit to participate in NAPFA Test [Reason: \_\_\_\_\_]

Name of Child : \_\_\_\_\_ Class : \_\_\_\_\_

Name of Parent : \_\_\_\_\_ Signature: \_\_\_\_\_