



## CHIJ Our Lady of the Nativity

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7 April 2017

Ref: 2017OLN\_0258

Dear Parents/ Guardian

### **P6 National Physical Fitness Award (NAPFA) Challenge 2017**

1. The annual NAPFA Challenge will be conducted in school on **13 April 2017**. This assessment is a test of physical fitness and is used as a standardised assessment of the overall fitness of your child. It comprises a 1.6 km run test which will be conducted in school during their PE lessons, and performance assessment at 5 static stations. The stations include:

- 1) Sit-ups
- 2) Standing Broad Jump
- 3) Sit and Reach
- 4) Inclined Pull-ups
- 5) Shuttle Run

2. Below is the schedule for the 5 static stations test, for your information:

	<b>Class</b>	<b>Time</b>
Date: 13 April 2017 Venue: School Gym, Level 6 Attire: PE Attire	6 Faith	8am to 8.30am
	6 Grace	8.30am to 9am
	6 Hope	9am to 9.30am
	6 Joy	9.30am to 10am
	6 Love	12.30pm to 1.00pm
	6 Peace & 6 Truth	1.00pm to 1.30pm

3. Attendance for the test is compulsory for all medically fit pupils from Primary 6. If your child is unable to take part in the NAPFA assessment on 13 April 2017, there will be a make-up session which will be conducted during her PE lessons on another day.
4. Please complete and submit the acknowledgement form to your child's Form Teacher by 11 April. If you have any queries, please contact Mr Edwin Njoo at [njoo\\_kiat\\_chong\\_edwin@moe.edu.sg](mailto:njoo_kiat_chong_edwin@moe.edu.sg). Alternatively, you could leave him a message at 6385-2455.
5. We would like to seek your support and understanding that a child's fitness is critical to her overall developmental growth. Do encourage and motivate your child to live as a physically active individual.

Yours faithfully

Ms Christina Teo  
Principal

**ACKNOWLEDGEMENT FORM**  
**P6 NATIONAL PHYSICAL FITNESS AWARD (NAPFA) CHALLENGE 2017**

<b>Name of pupil:</b>		<b>Class:</b>	
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Please tick one:

- My child/ward will take part in the NAPFA assessment on 13 April 2017.
- My child/ward is unable to take part in the NAPFA assessment on 13 April 2017 due to the

following reason/s (if your child is medically exempted from taking NAPFA, please provide the relevant documentary details) :

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I understand that if my child is unable to take part in the NAPFA assessment on 13 April 2017, there will be a make-up session which will be conducted during her PE lessons on another day.

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Name and signature of Parent/Guardian  
\*Please delete as necessary.

\_\_\_\_\_  
Date