



CHIJ Our Lady of the Nativity

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17 July 2017

Ref: 2017OLN_0360

Dear Parents/ Guardian

P4 National Physical Fitness Award (NAPFA) Challenge 2017

1. The annual NAPFA Challenge will be conducted in school on **Weeks 5 and 6, Term 3**. 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 the 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 as well as 1.6 km run, for your information:

	Day/Date	Time	Test item	Class
Venue: School Hall, Level 3 Attire: PE Attire	Monday, 24 July 2017	12.00pm to 1.00pm	5 static stations	4 Faith
	Monday, 31 July 2017	12.00pm to 1.00pm	1.6 km run	
	Monday, 24 July 2017	8.00am to 9.00am	5 static stations	4 Grace
	Thursday, 27 July 2017	12.30pm to 1.30pm	1.6 km run	
	Monday, 24 July 2017	9.30am to 10.30am	5 static stations	4 Hope
	Friday, 28 July 2017	11.30am to 12.30pm	1.6 km run	
	Tuesday, 25 July 2017	12.00pm to 1.00pm	5 static stations	4 Joy
	Tuesday, 1 Aug 2017	12.00pm to 1.00pm	1.6 km run	
	Monday, 31 July 2017	12.00pm to 1.00pm	5 static stations	4 Love
	Monday, 24 July 2017	12.00pm to 1.00pm	1.6 km run	
	Friday, 28 July 2017	8.30am to 9.30am	5 static stations	4 Peace
	Thursday, 27 July 2017	8.00am to 9.00am	1.6 km run	
	Friday, 4 Aug 2017	8.30am to 9.30am	5 static stations	4 Truth
	Friday, 28 July 2017	8.30am to 9.30am	1.6 km run	

3. Attendance for the test is compulsory for all medically fit pupils from Primary 4. If your child is unable to take part in the NAPFA assessment on the dates stated above, there will be a make-up session conducted on another day.
4. Please complete the attached acknowledgement form and ask your child/ward to submit it to her Form Teacher by 19 July 2017. If you have any queries, please contact Mr Nizam at zanizam_zaini@moe.edu.sg.
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
P4 NATIONAL PHYSICAL FITNESS AWARD (NAPFA) CHALLENGE 2017**

Name of pupil:		Class:	
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Please tick one:

- My child/ward will take part in the NAPFA assessment on the scheduled dates.
- My child/ward is unable to take part in the NAPFA assessment on scheduled dates due to the following reason(s):

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

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

Date