



CHIJ Our Lady of the Nativity

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13 April 2018

Ref: 2018OLN_0155

Dear Parents/ Guardian

P6 National Physical Fitness Award (NAPFA) Challenge 2018

1. The annual NAPFA Challenge will be conducted in school on **19 April 2018**. This assessment is a test of physical fitness and is used as a standardised assessment of the overall fitness of your child/ward. It comprises a 1.6 km run test which will be conducted in school during their PE lessons on another day, 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:

	Class	Time
Date: 19 April 2018 Venue: School Gym, Level 6 Attire: PE Attire	6 Faith	7.50am to 8.30am
	6 Grace	8.20am to 9.00am
	6 Hope	8.50am to 9.30am
	6 Joy	9.20am to 10.00am
	6 Love	9.50am to 10.30am
	6 Peace & 6 Truth	10.20am to 11.00am

3. Attendance for the test is compulsory for all medically fit pupils from Primary 6. If your child/ward is unable to take part in the NAPFA assessment on 19 April 2018, 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/ward's Form Teacher by 17 April. If you have any queries, please contact Mr Edwin Njoo at 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/ward to be a physically active individual.

Yours faithfully

Ms Christina Teo
Principal

ACKNOWLEDGEMENT FORM

P6 NATIONAL PHYSICAL FITNESS AWARD (NAPFA) CHALLENGE 2018

Name of pupil:		Class:	
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Please tick one:

- My child/ward will take part in the NAPFA assessment on 19 April 2018.
- My child/ward is unable to take part in the NAPFA assessment on 19 April 2018 due to the

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

I understand that if my child is unable to take part in the NAPFA assessment on 19 April 2018, 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