



CHIJ Our Lady of the Nativity

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5 July 2018

Ref: 2018OLN_0252

Dear Parents/ Guardian

P4 National Physical Fitness Award (NAPFA) Challenge 2018

1. The annual NAPFA Challenge will be conducted in school on **26 July 2018**. 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 and a performance assessment at 5 static stations during her PE lessons on separate days. 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:

	Class	Time
Date: 26 July 2018 Venue: School Gym, Level 6 Attire: PE Attire	4 Faith	9.00am to 9.30am
	4 Grace	9.30am to 10.00am
	4 Hope	11.00am to 11.30am
	4 Joy	11.30am to 12.00am
	4 Love	12.00am to 12.30am
	4 Peace	12.30am to 1.00pm
	4 Truth	1.00pm to 1.30pm

3. Attendance for the test is compulsory for all medically fit Primary 4 pupils. If your child is unable to take part in the NAPFA assessment on 26 July 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 Form Teacher by 9 July. If you have any queries, please contact Mr Noel Chan at noel_chan_tze_sunn@moe.edu.sg. Alternatively, you could leave him a message at 6385-2455.
5. A child's fitness is critical to her overall developmental growth and well-being. We would like to seek your support in encouraging and motivating your child to live as a physically active individual.

Yours faithfully

Mrs Yvonne Tan
Vice-Principal (Administration)

ACKNOWLEDGEMENT FORM
P4 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 26 July 2018.
- My child/ward is unable to take part in the NAPFA assessment on 26 July 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 26 July 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