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Woodlands Primary School

Reference: 51 / 2017

20 April 2017

Dear Parents

NATIONAL PHYSICAL FITNESS AWARD TEST 2017

Your child is required to attend the Annual Physical Fitness Award (NAPFA) Test in their P.E attire on the specified dates. Kindly refer to the NAPFA Test schedule for the venue and time of your child's test.

2. The NAPFA test is compulsory for all Primary 4 **and** Primary 6 students who have no significant medical problems.
3. The following categories of students are completely exempted from the NAPFA test:
 - (a) Students with medical problems, eg, heart problem, soft bones, etc. or advice provided by the School Health Service (SHS) doctors after the annual check-ups.
 - (b) Students with medical certificates for serious/long illnesses eg, cancer, hole in the heart, etc.
 - (c) Students with physical handicaps, eg. One hand without fingers etc.
 - (d) Students recovering from fractured arm/foot/leg, or serious illnesses such as chicken pox or dengue fever, close to the NAPFA test month, are exempted from the current year.
 - (e) New cases of severely overweight students who have yet to obtain a certificate of fitness from the SHS are exempted for the current year.
4. Students under such cases are to inform his/her form teacher and produce the necessary supporting documents.
5. All MCs and parents' letters are accepted at face value. Students having minor illnesses such as mild flu, cold and cough (without chest infections), slight fever, menstrual cramps and diarrhoea will take the test when they have fully recovered.
6. A Retest will be scheduled for students who failed or for those who missed the appointed tests due to the above-mentioned. For any enquiries, please call Mrs Amy Soh at 62697410/63637871 during office hours.
7. Thank you for your attention.

Yours faithfully,

Amy Soh, Mrs
HOD PE, CCA & Aesthetics

P4 NAPFA Schedule – 1.6km Run

Attire : PE T-shirt, PE Shorts & school shoes (or running shoes)
(bring along water bottles)

Venue : Mandai Tekong Park

Date/Time	8.45 - 9.15 am	9.15 - 9.45 am
8 May 2017 Monday	ADP 6A & ADP 6B	ADP 1
9 May 2017 Tuesday	ADP 5	ADP 3
11 May 2017 Thursday	ADP 4	
12 May 2017 Friday	ADP 2	

P4 NAPFA Schedule – 5 items

Test item : Sit-up, Standing Broad Jump, Sit & Reach, Shuttle
Run, and Inclined Pull Up

Attire : PE T-shirt, PE Shorts & school shoes (or running shoes)
(bring along water bottles)

Venue : School Hall

Date	Reporting Time	Classes
15 May 2017 Monday	7.45 am	ADP 1
	8.15 am	ADP 3
	8.45 am	ADP 2
	9.15 am	ADP 4 & ADP 6A
	9.45 am	ADP 5 & ADP 6B