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Woodlands Primary School

Reference: 75 / 2018

12 April 2018

Dear Parents

NATIONAL PHYSICAL FITNESS AWARD TEST 2018

Your child will be taking the annual Physical Fitness Award (NAPFA) Test in their P.E attire on the specified dates. Kindly refer to the attached NAPFA Test schedule for the venue and date of your child's test.

2 The NAPFA test is compulsory for all Primary 4 and Primary 6 students who have no significant medical conditions.

3 The following categories of students are 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 handicap, eg. One hand without fingers etc.
- (d) Students recovering from fractured arm/foot/leg, or serious illnesses such as chicken pox or dengue fever, within one month of the NAPFA test, are exempted for 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 who would like to seek exemption should inform his/her form teacher and produce the necessary supporting documents.

5 Only MCs and parents' letters will be accepted. 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 scheduled tests due to the above-mentioned. For any enquiries, please contact Mrs Amy Soh at 62697410/63637871 during office hours.

7 Thank you for your attention.

Yours faithfully,

Winnie Tan (Miss)
Principal

P6 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	8.15 am to 9.00 am	8.45 am to 9.30 am
24 April 2018 Tuesday	INN 5	
25 April 2018 Wednesday	INN 6A & INN 6B	INN 2
26 April 2018 Thursday	INN 3	
27 April 2018 Friday	INN 4	INN 1

P6 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
30 April 2018 Monday	7.45 am	INN 3 & INN 4
	8.30 am	INN 2, INN 6A & INN 6B
	9.00 am	INN 1 & INN 5
	9.30 am	Recess

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	7.45 am to 8.30 am
24 April 2018 Tuesday	ADP 1 & ADP 5
25 April 2018 Wednesday	ADP 2 & ADP 4
26 April 2018 Thursday	ADP 3
27 April 2018 Friday	ADP 6A & ADP 6B

P4 NAPFA Schedule – 5 items

Test items : 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
2 May 2018 Wednesday	11.00 am	ADP 2 & ADP 4
	11.30 am	ADP 1 & ADP 5
	12.00 nn	ADP 6A & ADP 6B
	12.30 pm	ADP 3