



義安公司主辦 義安小學

**NGEE ANN PRIMARY SCHOOL**

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Dear Parents/Guardians,

20<sup>th</sup> April 2015

**NATIONAL PHYSICAL FITNESS AWARD (NAPFA) TEST 2015 – 1.6km/2.4km RUN/WALK**

1. NAPFA is an annual fitness test consisting of 6 stations. The 5-station test items (Sit-ups, 4x10m Shuttle-run, Inclined pull-ups, Sit-and-Reach and Standing Broad Jump) began on **Monday, 13 April 2015**.
2. The NAPFA test is compulsory for all P4 & P6 students who have no significant medical problems (including recent infections or injuries) or physical handicap.
3. Students with medical problems (such as asthma, heart conditions, ASD, etc) or physical handicap seeking exemption or postponement of test must produce a **certified doctor's/specialist's letter or medical certificate**.
4. The sixth NAPFA test item, the **1.6km/2.4km Run/Walk**, will be conducted on **Friday, 24<sup>th</sup> April 2015** (2.4km run/walk is for pupils aged 14 and above as of 14 April 2014).
5. Details of 1.6km/2.4km Run/Walk test

Date: Friday, 24<sup>th</sup> April 2015  
Briefing and Dismissal Area: Ngee Ann Primary School Parade Square  
Time\*: 3.00 pm – 5.30pm \*  
Attire: PE Attire (wearing of running shoes is encouraged)  
*\* Please note that the ending time may differ.*

6. All students are to report at the Parade Square by the stipulated time for a safety briefing before moving off to East Coast Park for the run/walk test which will **begin at approximately 4:00pm**. Their school bags and personal belongings will be kept in school.
7. **Parents/Guardians are welcome to join your children/wards in the 1.6km/2.4km Run/Walk test. Do take note that there will be a safety briefing for all parents/guardians who are joining their children/wards for the test on Friday, 24<sup>th</sup> April at level 3, AVA theater, at 3.15p.m.**
8. In case of bad weather, the test might be postponed to the following week, **Thursday 30<sup>th</sup> April 2015**. Another letter will be issued.
9. It is **essential** for every student taking part to have a light meal prior to the run/walk and to carry a bottle of water with him/her.
10. Please return the consent form on the following page and **any relevant medical documents** to your child's **form teacher by Wed, 22<sup>th</sup> April 2015**.

Thank you.

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Mr Muhammad Faizal  
HOD PE/CCA

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**RE: NATIONAL PHYSICAL FITNESS AWARD (NAPFA) TEST 2015 – 1.6km /2.4km RUN / WALK**

Name of student : \_\_\_\_\_ Class: \_\_\_\_\_

To: The Class Form Teacher

I have taken note of the schedule and details of the NAPFA test.

Child's Medical Conditions (if any) : \_\_\_\_\_

Name of Parent/ Guardian : \_\_\_\_\_

For Parent/Guardian (please tick) : ☐ Running with my child ☐ Cheering for my child  
☐ Would love to join but unfortunately not able to make it

Signature and Date : \_\_\_\_\_ Contact No: \_\_\_\_\_