



PUNGGOL GREEN PRIMARY SCHOOL

Every PGPS Student, A Future-Ready Leader
Engaging Learners, Nurturing Leaders, Empowering Givers
98, Punggol Walk, Singapore (828772)
<http://www.punggolgreenpri.moe.edu.sg>

Ref: PGPS/2017/04/03

7 April 2017

Dear Parents/Guardians,

NAPFA for P4 students

1. NAPFA is an annual fitness assessment consisting of 6 stations, Sit-ups, 4x10m Shuttle-run, Inclined Pull-ups, Sit-and-Reach, Standing Broad Jump and 1.6 km Run/Walk.
2. The NAPFA test is compulsory for all P4 & P6 students who have no significant medical problems (including recent infection 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 1.6 km Run/Walk will be conducted during curriculum time during PE lessons while the rest of the assessment will be conducted after school on 13th April 2017. The details are as follows:

Date	Time	Class	Venue
13 th April 2017	2.15pm – 4pm	4A– 4F	School Multi-Purpose Hall @ level 3

5. Please make the necessary lunch and transport arrangement for your child/ward. The canteen will be open in the afternoon for lunch break.
6. Kindly return the reply slip and any relevant medical documents to your child's form teacher by Wednesday, 12 April 2017. Thank you.

Yours sincerely,

Ms. Joanne Toh
HOD PE, Aesthetics and CCA



REPLY SLIP – NAPFA for P4 Students

To: Form Teacher-in-charge,

Name of student: _____

Class: _____

I have read and noted the contents of the circular (Ref. no. PGPS/2017/04/03) dated 7 April 2017.

My child is **fit** to participate in the NAPFA Test: Yes / No (if no, Medical Condition: _____)
(Please delete the appropriate option. If your child/ward is unfit for NAPFA, please state the medical condition and submit the doctor's letter together with the reply slip. Thank you.)

Name of parent/guardian: _____

Signature: _____

Date: _____

Emergency Contact Number: _____