

2/2



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/19/03/46

29 March 2019

Dear Parents/Guardians,


NAPFA for P4 and P6 students


1. NAPFA is an annual fitness assessment consisting of 6 stations, namely 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 in PE lessons while the rest of the assessment will be conducted after school on 9th and 11th April 2019. The details are as follows:

Date	Time	Class	Venue
9 th April 2019 (Tuesday)	2.15 p.m. – 4.30 p.m.	6A, 6C, 6E	Indoor Sports Hall @ level 2
		6B, 6D, 6F	School Multi-Purpose Hall @ level 3
11 th April 2019 (Thursday)	2.15 p.m. – 4.30 p.m.	4A, 4C, 4E	Indoor Sports Hall @ level 2
		4B, 4D, 4F	School Multi-Purpose Hall @ level 3

5. Please make the necessary transport arrangement for your child/ward.
6. Kindly return the reply slip and any relevant medical documents to your child's form teacher by Friday, 3rd April 2019. Thank you.

Yours sincerely,


 Ms. Joanne Toh
 HOD PE, Aesthetics and CCA


 Mrs. Seah Lay Tin
 Principal

REPLY SLIP – NAPFA for P4 and P6 Students

Index No.:

To: Form Teacher-in-charge,

Name of student: _____

Class: _____

I have read and noted the contents of the circular (Ref. no. PGPS/19/03/46) dated 29 March 2019.

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: _____

Dismissal mode: Fetched / Go home on his or her own / Student care