



JURONG WEST PRIMARY SCHOOL
30 Jurong West St 61 Singapore 648368
Tel: 67933419 Fax: 67936593
email: jwps@moe.edu.sg

Our ref: JWPS/2024/047

Date: 22nd March 2024

Dear **Parents/Guardians**

NAPFA TEST 2024

1. The National Physical Fitness Award (NAPFA) serves as an educational tool to teach students the various components of fitness and how these contribute to active and healthy living.
2. The NAPFA TEST assesses students' fitness levels in the different fitness areas and is **COMPULSORY** for all P4 and P6 certified medically fit students. Your child/ward will only be exempted if he/she is deemed medically unfit and is required to produce a medical certificate.
3. The NAPFA test consists of 5 static stations (Sit-Ups, Standing Broad Jump, Sit-And-Reach, Inclined Pull-Up, 4 x 10m Shuttle Run) and the 1.6km run/walk.
4. The NAPFA test will be conducted in **Term 2 Week 5**.

S/N	Stations	Classes	Date
1	5 static stations	P6	17 April 2024(Wednesday) 2.00p.m. to 3.45p.m.
2	5 static stations	P4	19 April 2024(Friday) 2.00p.m. to 3.45p.m.
3	1.6km run/walk	All P4 & P6	During PE curriculum time

5. **Important:**
 - a. Students are allowed to wear their own running shoes on their test days.
 - b. Bring a water bottle.
 - c. Have at least 8 hours of sleep the night before their NAPFA test.
 - d. Have a proper meal 3 hours before your NAPFA test. Therefore, be sure to take a proper meal during recess and have a light snack after school.
6. We seek your assistance to encourage your child/ward to continue practising and training for some of these test items at home. Students have been taught during PE lessons to perform exercises such as sit-ups, stretching, tucked jumps, agility runs and jogging.
7. Your support and understanding are greatly appreciated.
8. For further clarification, please contact your child's/ward's PE teacher at 6793 3419.

Thank you.

Yours sincerely,
Ms Jamie Gu
SH PE/CCA

cc. Mrs Christina Tan
Principal