



JURONG WEST PRIMARY SCHOOL

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Our Ref: JWPS/2026/60

23 April 2026

Dear Parents/Guardians

NAPFA TEST 2026

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. The NAPFA TEST assesses students' fitness levels in various fitness areas and is **COMPULSORY** for all **P4 and P6** students who are certified medically fit. Your child/ward will only be exempted if he/she is deemed medically unfit and is required to produce a medical certificate.

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. The NAPFA test will be conducted in **Term 2 Week 7**.

S/N	Stations	Date
1	5 Static Stations	6 May 2026, Wednesday 2.00 p.m. to 4.00 p.m.
2	1.6km run/walk	During PE curriculum time

Important Reminders:

- Students are allowed to wear their own running shoes on their test days.
- Bring a water bottle.
- Have at least 8 hours of sleep the night before their NAPFA test.
- Have a proper meal 3 hours before their NAPFA test. Therefore, be sure to have a proper meal during recess and have a light snack after school.

We seek your assistance in encouraging your child/ward to continue practising and training for some of these test items at home. Students have been taught in PE lessons to perform exercises such as sit-ups, stretching, tucked jumps, agility runs, and jogging.

Your support and understanding are greatly appreciated. For further clarification, please contact your child's/ward's PE teacher at 6793 3419.

Thank you.

Yours sincerely,
Mdm Lim Tien Juan
HOD PAM

cc. Mrs Christina Tan
Principal

This is a computer-generated letter. No signature is required.