



# HENRY PARK PRIMARY SCHOOL

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23 March 2017

Through Vice Principal  
Mdm Wong Su May

Dear Parents,

## Schedule for National Physical Fitness Award (NAPFA) Test 2017

With reference to the NAPFA letter dated 9 March 2017, please refer to the schedule of the NAPFA test below for Primary 4 and 6 students.

In view of the warm weather, students are encouraged to drink appropriate amounts of water before, during and after exercises. Students are also encouraged not to take too heavy a meal on the day before their tests.

### 5 stations test date

Date/ Day	P4 Level	P6 Level	Time
20 Apr 2017 (Thu)	4A, 4D, 4E, 4F	6B, 6D, 6F, 6H, 6I, 6J	2pm to 3.45pm
21 Apr 2017 (Fri)	4B, 4C, 4G, 4H, 4I	6A, 6C, 6E, 6G	1.45pm to 3.45pm

### 1.6km run test schedule (during curriculum time)

Term 2	Date/ Day	Class
Week 2	29 Mar (Wed)	6A, 6I & 6J
Week 2	30 Mar (Thu)	6E & 6H
Week 2	31 Mar (Fri)	6C & 6D
Week 3	4 Apr (Tue)	6F & 6G
Week 3	5 Apr (Wed)	4E & 6B
Week 3	6 Apr (Thu)	4F & 4G
Week 4	12 Apr (Wed)	4D & 4H
Week 4	13 Apr (Thu)	4A & 4I
Week 5	18 Apr (Tue)	4B & 4C

Please note that schedule may be subjected to changes depending on weather condition.

Students are to come in PE attire. Track shoes are allowed on the days of their test.

Please refer to Annex A for the NAPFA standards for the various test items.

Thank You

Ms Chin Lian Mei  
HOD (PE/ CCA)



**Standards for Females**

Age Grp	Performance Band	Performance Grade	Pts	No of Sit-Ups in 1 min	Standing Broad Jump	Sit & Reach Distance	No. of Inclined Pull-Ups in 30 sec	4 x 10m Shuttle Run Time	*1.6/2.4 km Run-Walk time (min:sec)
<b>9</b>	Outstanding	A	5	>26	>158cm	>33cm	>14	<11.8sec	<10:40
	Very Good	B	4	22 - 26	148 - 158	31 - 33	12 - 14	11.8 - 12.3	10:40 - 11:40
	Good	C	3	18 - 21	139 - 147	28 - 30	9 - 11	12.4 - 12.8	11:41 - 12:50
	Good	D	2	14 - 17	129 - 138	24 - 27	6 - 8	12.9 - 13.3	12:51 - 13:50
	Satisfactory	E	1	10 - 13	119 - 128	19 - 23	2 - 5	13.4 - 13.8	13:51 - 15:00
<b>10</b>	Outstanding	A	5	>27	>161cm	>35cm	>14	<11.7sec	<10:30
	Very Good	B	4	23 - 27	152 - 161	33 - 35	12 - 14	11.7 - 12.2	10:30 - 11:25
	Good	C	3	19 - 22	143 - 151	30 - 32	9 - 11	12.3 - 12.7	11:26 - 12:30
	Good	D	2	15 - 18	134 - 142	26 - 29	6 - 8	12.8 - 13.2	12:31 - 13:25
	Satisfactory	E	1	11 - 14	125 - 133	21 - 25	3 - 5	13.3 - 13.7	13:26 - 14:30
<b>11</b>	Outstanding	A	5	>28	>164cm	>37cm	>15	<11.6sec	<10:20
	Very Good	B	4	24 - 28	156 - 164	35 - 37	13 - 15	11.6 - 12.1	10:20 - 11:10
	Good	C	3	20 - 23	147 - 155	32 - 34	10 - 12	12.2 - 12.5	11:11 - 12:10
	Good	D	2	16 - 19	138 - 146	28 - 31	7 - 9	12.6 - 12.9	12:11 - 13:00
	Satisfactory	E	1	12 - 15	129 - 137	23 - 27	3 - 6	13.0 - 13.4	13:01 - 14:00
<b>12</b>	Outstanding	A	5	>29	>167cm	>39cm	>15	<11.5sec	<10:10
	Very Good	B	4	25 - 29	159 - 167	37 - 39	13 - 15	11.5 - 11.9	10:10 - 11:00
	Good	C	3	21 - 24	150 - 158	34 - 36	10 - 12	12.0 - 12.3	11:01 - 12:00
	Good	D	2	17 - 20	141 - 149	30 - 33	7 - 9	12.4 - 12.7	12:01 - 12:50
	Satisfactory	E	1	13 - 16	132 - 140	25 - 29	3 - 6	12.8 - 13.2	12:51 - 13:50
<b>13</b>	Outstanding	A	5	>30	>170cm	>41cm	>16	<11.3sec	<10:00
	Very Good	B	4	26 - 30	162 - 170	39 - 41	13 - 16	11.3 - 11.7	10:00 - 10:50
	Good	C	3	22 - 25	153 - 161	36 - 38	10 - 12	11.8 - 12.2	10:51 - 11:50
	Good	D	2	18 - 21	144 - 152	32 - 35	7 - 9	12.3 - 12.7	11:51 - 12:40
	Satisfactory	E	1	14 - 17	135 - 143	27 - 31	3 - 6	12.8 - 13.2	12:41 - 13:40
<b>14</b>	Outstanding	A	5	>30	>177cm	>43cm	>16	<11.5sec	<14:21
	Very Good	B	4	28 - 30	169 - 177	41 - 43	14-16	11.5 - 11.8	14:21 - 15:20
	Good	C	3	24 - 27	160 - 168	38 - 40	10 - 13	11.9 - 12.2	15:21 - 16:20
	Good	D	2	20 - 23	151 - 159	34 - 37	7 - 9	12.3 - 12.6	16:21 - 17:20
	Satisfactory	E	1	16 - 19	142 - 150	29 - 33	3 - 6	12.7 - 13.0	17:21 - 18:20

\*1.6 km Run-Walk time (All students between 9 to 13 years old)  
 2.4 km Run-Walk time (All students 14 years and above)

**Standards for Males**

Age Grp	Performance Band	Performance Grade	Pts	No of Sit-Ups in 1 min	Standing Broad Jump	Sit & Reach Distance	No. of Inclined Pull-Ups in 30 sec	4 x 10m Shuttle Run Time	*1.6/2.4 km Run-Walk time (min:sec)
<b>9</b>	Outstanding	A	5	>35	>168cm	>33cm	>21	<11.3sec	<9:40
	Very Good	B	4	30 - 35	159 - 168	30 - 33	18 - 21	11.3 - 11.8	9:40 - 10:40
	Good	C	3	25 - 29	149 - 158	26 - 29	13 - 17	11.9 - 12.2	10:41 - 11:40
	Good	D	2	20 - 24	139 - 148	21 - 25	9 - 12	12.3 - 12.7	11:41 - 12:40
	Satisfactory	E	1	15 - 19	130 - 138	16 - 20	3 - 8	12.8 - 13.1	12:41 - 13:50
<b>10</b>	Outstanding	A	5	>36	>174cm	>35cm	>22	<11.1sec	<9:30
	Very Good	B	4	31 - 36	165 - 174	32 - 35	19 - 22	11.1 - 11.6	9:30 - 10:30
	Good	C	3	26 - 30	156 - 164	28 - 31	14 - 18	11.7 - 12.0	10:31 - 11:40
	Good	D	2	21 - 25	146 - 155	23 - 27	9 - 13	12.1 - 12.4	11:41 - 12:40
	Satisfactory	E	1	17 - 20	137 - 145	18 - 22	3 - 8	12.5 - 12.9	12:41 - 13:40
<b>11</b>	Outstanding	A	5	>39	>188cm	>37cm	>23	<10.7sec	<8:50
	Very Good	B	4	34 - 39	177 - 188	34 - 37	20 - 23	10.7 - 11.2	8:50 - 10:00
	Good	C	3	30 - 33	166 - 176	30 - 33	15 - 19	11.3 - 11.6	10:01 - 11:10
	Good	D	2	25 - 29	155 - 165	25 - 29	10 - 14	11.7 - 12.0	11:11 - 12:20
	Satisfactory	E	1	20 - 24	144 - 154	20 - 24	4 - 9	12.1 - 12.5	12:21 - 13:30
<b>12</b>	Outstanding	A	5	>41	>202cm	>39cm	>24	<10.4sec	<8:40
	Very Good	B	4	36 - 41	189 - 202	36 - 39	21 - 24	10.4 - 10.9	8:40 - 9:40
	Good	C	3	32 - 35	176 - 188	32 - 35	16 - 20	11.0 - 11.3	9:41 - 10:40
	Good	D	2	27 - 31	163 - 175	28 - 31	11 - 15	11.4 - 11.7	10:41 - 11:40
	Satisfactory	E	1	22 - 26	150 - 162	23 - 27	5 - 10	11.8 - 12.2	11:41 - 12:30
<b>13</b>	Outstanding	A	5	>42	>214cm	>41cm	>25	<10.3sec	<8:10
	Very Good	B	4	38 - 42	202 - 214	38 - 41	22 - 25	10.3 - 10.7	8:10 - 9:10
	Good	C	3	34 - 37	189 - 201	34 - 37	17 - 21	10.8 - 11.1	9:11 - 10:10
	Good	D	2	29 - 33	176 - 188	30 - 33	12 - 16	11.2 - 11.5	10:11 - 11:00
	Satisfactory	E	1	25 - 28	164 - 175	25 - 29	7 - 11	11.6 - 11.9	11:01 - 12:00
<b>14</b>	Outstanding	A	5	>42	>225cm	>43cm	>26	<10.2sec	<11:01
	Very Good	B	4	40 - 42	216 - 225	40 - 43	23 - 26	10.2 - 10.4	11:01 - 12:00
	Good	C	3	37 - 39	206 - 215	36 - 39	18 - 22	10.5 - 10.8	12:01 - 13:00
	Good	D	2	33 - 36	196 - 205	32 - 35	13 - 17	10.9 - 11.2	13:01 - 14:10
	Satisfactory	E	1	29 - 32	186 - 195	27 - 31	8 - 12	11.3 - 11.6	14:11 - 15:20

**AWARD REQUIREMENTS**

Awards	Minimum Scores
Gold	C grade in all 6 stations with a minimum of 21 points
Silver	D grade in all 6 stations with a minimum of 15 points
Bronze	E grade in all 6 stations with a minimum of 6 points