



# HENRY PARK PRIMARY SCHOOL

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<http://www.henryparkpri.moe.edu.sg>

9 March 2017  
Through Vice Principal  
Mdm Wong Su May

Dear Parents,

## National Physical Fitness Award (NAPFA) Test

Starting 2014, NAPFA will be conducted **once in two years** for the students from Primary 4 onwards so as to focus on broadening and deepening students' learning in PE and exposing students to a wider variety of physical activities. All P4 and P6 students in Henry Park will be taking their NAPFA tests between 27 Mar 2017 and 26 May 2017.

1. The **first five items** will be conducted on 20 Apr 2017 and 21 Apr 2017, **in school** after curriculum time. The test schedule for each class will be given at a later time. The first five items are:
  - Sit-ups
  - Standing Broad Jump
  - Sit and Reach
  - Inclined Pull-ups
  - Shuttle Run
2. The **1.6 km run/walk** will be conducted **in school** during curriculum time. The schedule for the run will be given at the start of Term 2.
3. Please refer to **Annex A** for the categories of students who are to be exempted from the test and those who will have to take the test at a later date. Please note that students need an official medical certificate/ letter of excuse from a doctor to certify that the child is unfit to take the test. This medical certificate needs to be submitted to the Form Teacher before the NAPFA test is conducted.
4. We would like to seek your co-operation and support in ensuring that your child be present on the days for their tests.
5. Special arrangements will be made for students who are representing HPPS in various events or competitions. PE teachers will communicate with these students directly.

Please be assured that the well-being of the students will be closely monitored during the test dates.

Parents are encouraged to do practices with your child for the 1.6km run and the five items. Please see **Annex B** for suggested activities that you could do with your child to prepare him/ her for the test items.

Thank You

Ms Chin Lian Mei  
HOD (PE/ CCA)

Vision  
A Leader in Every Child – with Talents and Strength of Character

School Values  
Respect, Integrity, Care, Excellence

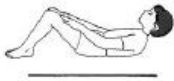
## Annex A

1. The following categories of students will be completely exempted from the NAPFA Test:
  - Students with medical problems (eg. heart problems, soft bones, etc.), as advised by doctors from the School Health Service (SHS) after the annual medical check-ups;
  - Students with medical certificates for serious/long illnesses (eg. cancer, hole in the heart, etc.);
  - Students with physical handicap; and/or
  - New cases of severely overweight pupils who have yet to obtain a certification of fitness from the SHS.
  
2. The following categories of students will be exempted from the NAPFA Test for this year if they have less than 2 months training before the test date:
  - Students recovering from fractured arm/foot/leg and
  - Students who have just recovered from serious illnesses such as Chicken Pox and Dengue Fever.
  
3. The following categories of students who are unable to take the NAPFA Test on the test days will have to take the test 2 weeks after they have recovered:
  - Students with medical certificates;
  - Students with parents' letters stating that they are not well;
  - Students whom teachers observe to be unwell;
  - Students who report sick; and
  - Students with minor illness such as mild flu, cold and cough (without chest infections), slight fever, menstrual cramps and diarrhea.



## Annex B

### Bent-Knee Sit-ups



#### TRUNK CURL

- raise head and shoulders
- hold for 5 sec
- repeat 6 more times



#### SIT-UP WITH STRAIGHT ARMS

- do sit-ups with someone holding feet
- build up to 30 sit-ups
- do as many as you can without someone holding feet



#### CROSSED-ARM SIT-UP

- do sit-ups with someone holding feet
- build up to 30 sit-ups
- do as many as you can without someone holding feet



#### CYCLING

- support trunk with arms
- cycle 10 times
- do 3 more sets



#### PARTNER CURL

- set your own target
- build up to 30 sit-ups



#### REVERSE SIT-UP

- lie with bent-knees
- bring knees to chest
- build up to 20 sit-ups

#### Sports:

gymnastics, track & field, swimming

### Standing Broad Jump



#### KANGAROO JUMP

- jump forward with arm swing
- jump breadth of basketball court, with as few as possible
- repeat 3 more times



#### OVER THE BALL

- jump over 5 balls placed 1m apart
- do it fast
- repeat a few times



#### TUCK JUMP

- jump up high
- do 3 sets of 5 with rest between each set



#### OVER THE MAT

- broad jump over mat
- turn and jump back
- repeat a few times
- try to land softly



#### JUMP ON AND OFF

- jump on and off
- turn and repeat
- build up to 10 times



#### JUMP FOR HEIGHT

- begin at low height
- jump on and off 5 times
- do 2 more sets

#### Sports:

track & field (sprints and jumps), basketball, volleyball

### Sit-and-Reach



#### CATERPILLAR WALK

- bring up the hip high
- move across the width of basketball court



#### ROWING

- keep legs straight
- do 10 rowing movements
- do 2 sets



#### ELEVATED STRETCH

- reach out to toes
- hold for 5 counts
- repeat with other leg
- repeat 2 more times for each leg



#### ONE-LEGGED PULL STRETCH

- bend and grasp leg
- pull forward with arms
- bring chest to close to knee
- hold for 5 counts
- do 3 times for each leg



#### DOUBLE-LEGGED STRETCH

- bend at hips
- pull forward with arms
- bring chest to knees
- hold for 5 counts
- repeat 2 more times



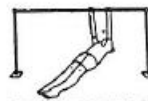
#### TOUCH THE WALL

- keep legs straight
- touch with finger-tips
- touch with clenched-fists
- touch with palms

#### Sports:

gymnastics, track & field (hurdling), soccer

### (a) Pull-Ups (b) Inclined Pull-Ups



#### INCLINED HANG

- use overhand grip
- hang as long as you can



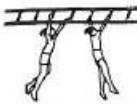
#### PARTNER PULL-UP

- grip wrists
- keep body straight
- pull-up and hold for as long as possible



#### INCLINED PULL-UP

- pull up till chin reaches bar
- do as many times as you can



#### LADDER WALK

- hang with overhand grip
- hand walk as far as you can



#### FLEXED-ARM HANG

- use overhand grip
- lift feet off support
- hold as long as you can



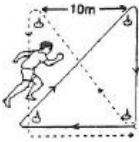
#### ROPE PULL-UP

- grasp rope above head
- jump, and pull-up
- lower slowly to standing position
- repeat a few times

#### Sports:

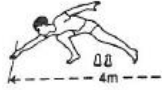
gymnastics, track & field (throws), swimming

## 4 x 10 m Shuttle Run



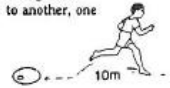
### AGILITY RUN

- complete course as quickly as possible
- rest and repeat



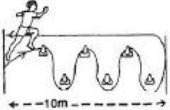
### SIDE TO SIDE REACH

- turn and reach for line as quickly as you can
- do 12 times continuously



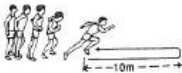
### ONE AT A TIME

- move 4 beanbags from one hoop to another, one at a time
- repeat after some rest



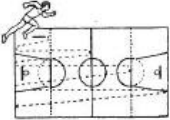
### ZIG-ZAG RUN

- complete course as quickly as you can
- repeat after some rest



### ONGOING RELAY

- 5 in a team
- run continuously until told to stop



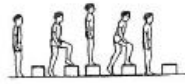
### AGILITY SPRINT

- sprint to touch lines of different distances

*Sports:*

mini-tennis, mini-rugby, hockey, softball

## 1.6/2.4km Run/Walk



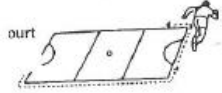
### STEP UP

- step up for 2 min
- repeat 2 more times after short rest



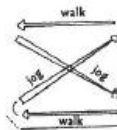
### SKIPPING

- skip 3 x 2 min with short rest
- skip 2 x 3 min with short rest
- skip for 6 min continuously



### LAP RUN

- jog continuously 5 laps of netball or basketball court
- build up to 15 laps



### JOG-WALK

- jog 50m and walk to recover
- start with 5 min jog-walk
- build up to 10 min



### JOGGING

- jog for 5 min continuously
- Increase by 30 sec per week
- build up to 10 min jogging



### CORRIDOR JOGGING

- start with 4 laps
- build up to 15 laps

*Sports:*

cross-country run, dance, netball, fun-run