

4 April 2023

Ref: 2023-115

Dear Parents / Guardians,

PRIMARY 4 NATIONAL PHYSICAL FITNESS AWARD (NAPFA) TEST 2023

The NAPFA Test is a fitness assessment tool adopted for the Primary 4 and Primary 6 level and it is covered in the Physical Health and Fitness lessons as stipulated in the PE Syllabus. Fitness testing ensures the need for fitness in our students' lives and applying them in the context of physical activities and sports. It helps us to evaluate our students' strengths and areas for improvement and also serves as a tool to identify or enhance their general health.

The test comprises of **5 static test items** (*inclined pull-ups, sit-ups, sit and reach, standing broad jump and shuttle run*) which are conducted on a day after school and a **1.6 km run-walk** conducted during PE Lessons. We have been preparing the students for the test since January 2023 by building their endurance from low intensity training and progressing gradually (*frequency, duration and intensity*) towards the actual test. They are also taught to set personal targets appropriate to their individual ability, with the focus on self-improvement and developing life-long habits for sustaining health and fitness.

The details of the NAPFA test (5 static test items) are as follow:

Day / Date: Monday, 8 May 2023

Time: 2.15 pm – 4.15 pm (*Refer to details below for individual classes*)

Venue: CPS Multi-Purpose Hall (MPH)


Class	Estimated Start Time	Estimated Dismissal Time	Reporting Venue	Attire
4 Care	2.15 pm	3.15 pm	Students are to take their lunch in the school canteen after dismissal and wait at their respective class tables. Note: Students are <u>not allowed</u> to leave school to take their lunch.	<ul style="list-style-type: none">• PE Attire• Sports Shoes (<i>Optional</i>)• Water Bottle
4 Graciousness	2.30 pm	3.30 pm		
4 Integrity	2.45 pm	3.45 pm		
4 Respect	3.00 pm	4.00 pm		
4 Resilience	3.15 pm	4.15 pm		
Note: Arrangements will be made for students in the SDR Programme to take the NAPFA Test after their lessons.				

Please refer to the following annexes for more information:


- **Page 2 - Annex A:** Exemption of Students from the NAPFA Test
- **Page 3 & 4 - Annex B:** NAPFA Testing Standards (Boys and Girls)
- **Page 5 – Annex C:** List of Frequently Asked Questions (FAQs)

For further clarifications or enquiries, you may contact me through my email at siua_kian_ling_cassandra@moe.edu.sg or message me through my Whatsapp Business at 64999411. Thank you for your kind support and working with us towards a meaningful and enriching NAPFA Test experience.


Yours sincerely,



Ms. Cassandra Siua
Senior Teacher - PE



Mr Wilbert Tan
HOD PAM & CCA



CC: Mrs Manokara S
Principal

ANNEX A: EXEMPTION OF STUDENTS FROM NAPFA TEST

The following categories of students are completely exempted from the NAPFA Test:

1. Students with medical problems (*e.g. heart problems, soft bones, etc*), as advised by doctors from the School Health Service (*SHS*) after the annual medical check-ups;
2. Students with medical certificates for serious/long illnesses (*e.g. cancer, hole in the heart, etc*);
3. Students with physical handicaps or disabilities (*e.g. one hand without fingers*)

The following categories of students are to be exempted from the NAPFA test for this year if they have less than two months of training before the test date:

1. Students recovering from fractured arm/foot/leg and
2. Students who have just recovered from serious illnesses (*e.g. chicken pox and dengue fever*)

The following categories of students are to be exempted from the NAPFA test on the test date and should take the test two weeks after they have recovered.

1. Students who report sick;
2. Students with medical certificates;
3. Students whom teachers observe to be unwell;
4. Students with parents' letters stating that they are not well;
5. Students with doctor's advice that they are not fit to take part in strenuous physical activities and
6. Students with minor illness such as mild flu, cold and cough (*without chest infections*), slight fever, menstrual cramps and diarrhoea.
7. Students who have gone for COVID-19 vaccination should not engage in physical activity 14 days after each vaccination.

ANNEX B: NAPFA TESTING STANDARDS – BOYS

Age group	Performance Grade	Points	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 km Run - Walk time (min : sec)
9 years	A	5	> 35	> 168cm	> 33cm	> 21	< 11.3 sec	< 9:40
	B	4	30 - 35	159 - 168	30 - 33	18 - 21	11.3 - 11.8	9:40 - 10:40
	C	3	25 - 29	149 - 158	26 - 29	13 - 17	11.9 - 12.2	10:41 - 11:40
	D	2	20 - 24	139 - 148	21 - 25	9 - 12	12.3 - 12.7	11:41 - 12:40
	E	1	15 - 19	130 - 138	16 - 20	3 - 8	12.8 - 13.1	12:41 - 13:50
10 years	A	5	> 36	> 174cm	> 35cm	> 22	< 11.1 sec	< 9:30
	B	4	31 - 36	165 - 174	32 - 35	19 - 22	11.1 - 11.6	9:30 - 10:30
	C	3	26 - 30	156 - 164	28 - 31	14 - 18	11.7 - 12.0	10:31 - 11:40
	D	2	21 - 25	146 - 155	23 - 27	9 - 13	12.1 - 12.4	11:41 - 12:40
	E	1	17 - 20	137 - 145	18 - 22	3 - 8	12.5 - 12.9	12:41 - 13:40
11 years	A	5	> 39	> 188cm	> 37cm	> 23	< 10.7 sec	< 8:50
	B	4	34 - 39	177 - 188	34 - 37	20 - 23	10.7 - 11.2	8:50 - 10:00
	C	3	30 - 33	166 - 176	30 - 33	15 - 19	11.3 - 11.6	10:01 - 11:10
	D	2	25 - 29	155 - 165	25 - 29	10 - 14	11.7 - 12.0	11:11 - 12:20
	E	1	20 - 24	144 - 154	20 - 24	4 - 9	12.1 - 12.5	12:21 - 13:30
12 years	A	5	> 41	> 202cm	> 39cm	> 24	< 10.4sec	< 8:40
	B	4	36 - 41	189 - 202	36 - 39	21 - 24	10.4 - 10.9	8:40 - 9:40
	C	3	32 - 35	176 - 188	32 - 35	16 - 20	11.0 - 11.3	9:41 - 10:40
	D	2	27 - 31	163 - 175	28 - 31	11 - 15	11.4 - 11.7	10:41 - 11:40
	E	1	22 - 26	150 - 162	23 - 27	5 - 10	11.8 - 12.2	11:41 - 12:30
13 years	A	5	> 42	> 214cm	> 41cm	> 25	< 10.3sec	< 8:10
	B	4	38 - 42	202 - 214	38 - 41	22 - 25	10.3 - 10.7	8:10 - 9:10
	C	3	34 - 37	189 - 201	34 - 37	17 - 21	10.8 - 11.1	9:11 - 10:10
	D	2	29 - 33	176 - 188	30 - 33	12 - 16	11.2 - 11.5	10:11 - 11:00
	E	1	25 - 28	164 - 175	25 - 29	7 - 11	11.6 - 11.9	11:01 - 12:00
14 years	A	5	> 42	> 225cm	> 43cm	> 26	< 10.2sec	< 11:01
	B	4	40 - 42	216 - 225	40 - 43	23 - 26	10.2 - 10.4	11:01 - 12:00
	C	3	27 - 39	206 - 215	36 - 39	18 - 22	10.5 - 10.8	12:01 - 13:00
	D	2	33 - 36	196 - 205	32 - 35	13 - 17	10.9 - 11.2	13:01 - 14:10
	E	1	29 - 32	186 - 195	27 - 31	8 - 12	11.3 - 11.6	14:11 - 15:20
15 years	A	5	> 42	> 237cm	> 45cm	> 7	< 10.2sec	< 10:41
	B	4	40 - 42	228 - 237	42 - 45	6 - 7	10.2 - 10.3	10:41 - 11:40
	C	3	37 - 39	218 - 227	38 - 41	5	10.4 - 10.5	11:41 - 12:40
	D	2	34 - 36	208 - 217	34 - 37	3 - 4	10.6 - 10.9	12:41 - 13:40
	E	1	30 - 33	198 - 207	29 - 33	1 - 2	11.0 - 11.3	13:41 - 14:40

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

ANNEX B: NAPFA TESTING STANDARDS – GIRLS

Age group	Performance Grade	Points	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 km Run - Walk time (min : sec)
9 years	A	5	> 26	> 158cm	> 33cm	> 14	< 11.8sec	< 10:40
	B	4	22 - 26	148 - 158	31 - 33	12 - 14	11.8 - 12.3	10:40 - 11:40
	C	3	18 - 21	139 - 147	28 - 30	9 - 11	12.4 - 12.8	11:41 - 12:50
	D	2	14 - 17	129 - 138	24 - 27	6 - 8	12.9 - 13.3	12:51 - 13:50
	E	1	10 - 13	119 - 128	19 - 23	2 - 5	13.4 - 13.8	13:51 - 15:00
10 years	A	5	> 27	> 161cm	> 35cm	> 14	< 11.7sec	< 10:30
	B	4	23 - 27	152 - 161	33 - 35	12 - 14	11.7 - 12.2	10:30 - 11:25
	C	3	19 - 22	143 - 151	30 - 32	9 - 11	12.3 - 12.7	11:26 - 12:30
	D	2	15 - 18	134 - 142	26 - 29	6 - 8	12.8 - 13.2	12:31 - 13:25
	E	1	11 - 14	125 - 133	21 - 25	3 - 5	13.3 - 13.7	13:26 - 14:30
11 years	A	5	> 28	> 164cm	> 37cm	> 15	< 11.6sec	< 10:20
	B	4	24 - 28	156 - 164	35 - 37	13 - 15	11.6 - 12.1	10:20 - 11:10
	C	3	20 - 23	147 - 155	32 - 34	10 - 12	12.2 - 12.5	11:11 - 12:10
	D	2	16 - 19	138 - 146	28 - 31	7 - 9	12.6 - 12.9	12:11 - 13:00
	E	1	12 - 15	129 - 137	23 - 27	3 - 6	13.0 - 13.4	13:01 - 14:00
12 years	A	5	> 29	> 167cm	> 39cm	> 15	< 11.5sec	< 10:10
	B	4	25 - 29	159 - 167	37 - 39	13 - 15	11.5 - 11.9	10:10 - 11:00
	C	3	21 - 24	150 - 158	34 - 36	10 - 12	12.0 - 12.3	11:01 - 12:00
	D	2	17 - 20	141 - 149	30 - 33	7 - 9	12.4 - 12.7	12:01 - 12:50
	E	1	13 - 16	132 - 140	25 - 29	3 - 6	12.8 - 13.2	12:51 - 13:50
13 years	A	5	> 30	> 170cm	> 41cm	> 16	< 11.3sec	< 10:00
	B	4	26 - 30	162 - 170	39 - 41	13 - 16	11.3 - 11.7	10:00 - 10:50
	C	3	22 - 25	153 - 161	36 - 38	10 - 12	11.8 - 12.2	10:51 - 11:50
	D	2	18 - 21	144 - 152	32 - 35	7 - 9	12.3 - 12.7	11:51 - 12:40
	E	1	14 - 17	135 - 143	27 - 31	3 - 6	12.8 - 13.2	12:41 - 13:40
14 years	A	5	> 30	> 177cm	> 43cm	> 16	< 11.5sec	< 14:21
	B	4	28 - 30	169 - 177	41 - 43	14 - 16	11.5 - 11.8	14:21 - 15:20
	C	3	24 - 27	160 - 168	38 - 40	10 - 13	11.9 - 12.2	15:21 - 16:20
	D	2	20 - 23	151 - 159	34 - 37	7 - 9	12.3 - 12.6	16:21 - 17:20
	E	1	16 - 19	142 - 150	29 - 33	3 - 6	12.7 - 13.0	17:21 - 18:20
15 years	A	5	> 30	> 182cm	> 45cm	> 16	< 11.3sec	< 14:11
	B	4	29 - 30	174 - 182	43 - 45	14 - 16	11.3 - 11.6	14:11 - 15:10
	C	3	25 - 28	165 - 173	39 - 42	10 - 13	11.7 - 12.0	15:11 - 16:10
	D	2	21 - 24	156 - 164	35 - 38	7 - 9	12.1 - 12.4	16:11 - 17:10
	E	1	17 - 20	147 - 155	30 - 34	3 - 6	12.5 - 12.8	17:11 - 18:10

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

ANNEX C: FREQUENTLY ASKED QUESTIONS

Q: My child/ward has SDR Programme after school on test date. Can he/she still take the test?

A: Yes. As mentioned in Page 1, students who are having SDR Programme will take the test with their classmates after lessons. For students in 4 Care, 4 Graciousness and 4 Integrity, they will join 4 Respect at 3.00 pm.

Q: Can my child/ward come home to take his/her lunch then report to school when it's time for his/her class to take the test?

A: For the safety of your child/ward, he/she is required to **stay in school** to take their lunch. The teachers will be taking their attendance and depending on the flow of the test, his/her class may start the test earlier. We will require all students to be present before the class begins the test. You may choose to meet your child/ward at the gate and pass him/her his lunch box.

Q: My child/ward is absent from school on test date. When will he/she be able to take the test?

A: Your child/ward will be able to retake the test during PE Lessons once he/she returns to school. If your child/ward is not well, please refer to Annex A on the guidelines for exemption.

Q: When will my child/ward be tested for the 1.6 km run-walk?

A: The 1.6 km run-walk test will take place during PE lessons in Term 2.

Q: My child/ward has not been training for the NAPFA Test as he/she has been fasting during the month of Ramadan. Is he/she ready for the test?

A: The test will be conducted 2 weeks after the end of Ramadan. This will provide your child/ward with the opportunity to recap the techniques needed for each station during their PE Lesson. In addition, your child/ward would have gone through the preparation for the test since Term 1.

Q: What happens if it's wet weather (e.g. raining) on test date?

A: 4 Static stations (*Inclined pull-ups, sit-ups, standing broad jump and sit & reach*) are conducted indoors in the Level 2 Multi-Purpose Hall. The shuttle run will be conducted in the Parade Square. In the event of wet weather, your child/ward will take his/her shuttle run test during PE Lessons.

Q: My child/ward attained 26 points (e.g. 5 points [Grade A] for all 5 static stations, 1 point [Grade E] for 1.6 km run-walk) in the NAPFA Test. Why did he/she only receive a Bronze award, when the minimum for a Gold Award is 21 points?

A: With reference to the Award Requirement for NAPFA Test, your child/ward will need a **minimum C Grade (3 points) in all stations** before he/she can qualify for the Gold Award.

Q: Is the NAPFA Test part of my child/ward's PE Assessment Grade? Will the results affect my child/ward's PE Assessment Grade at the end of the year?

A: No, the NAPFA test is a fitness assessment tool to evaluate and inform us on your child/ward's strengths and areas for improvement and also serves as a tool to enhance or identify their general health. It will not be taken into consideration towards your child/ward's PE Assessment Grade.