

Anglo-Chinese School (Primary)



A Methodist Institution
(Founded 1886)



14 May 2010

Dear Parents/Guardian,

National Physical Fitness Award (NAPFA) Test 2010 (P4 to P6 pupils only)



The school will be conducting the above test for P4 to P6 pupils on 21, 24 and 25 May 2010 during school hours. The details are as follows:

Date	Test	Venue	Time
<u>All P4-P6 classes</u> Friday, 21 May 2010	1.6km Run/Walk	Anglo-Chinese School Junior College (ACJC)	School Hours
<u>All P6 and 5A, 5B, 5C, 5H classes</u> Monday, 24 May 2010	Stations <ul style="list-style-type: none"> • Sit-up • 4x10m shuttle run • Inclined pull-up • Sit & Reach • Standing broad jump 	Sports Hall	School Hours
<u>All P4 and 5D, 5E, 5F, 5I classes</u> Tuesday, 25 May 2010			



Please help to ensure that your son/ward brings his tank-top. He is also allowed to put on his running shoes. Please also help him to prepare for the test. The test standards can be viewed on the school's PE & CCA Department website.

School hours will be as per normal for all 3 days.



If your son/ward is excused from physical activity during that period of time due to medical reasons, please submit his medical certificate to his Physical Education teacher before the test. Attendance in school is still compulsory even if your son/ward is excused from the test.

Regards,

Endorsed by :

Kelvin Lim
HOD, PE, CCA & Aesthetics

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