



NAPFA TEST 2024

Information (for parents and students)



About NAPFA Test

The National Physical Fitness Award (NAPFA) Test is an evaluation of students' overall physical fitness. The test is **mandatory** for all medically fit students in Secondary 2, 4 and 5.

Result of the test will be submitted to the Ministry of Education and will appear in the student's report book in Semester 2.



NAPFA 5-Stations Test (Sec 4/5)

Date:	24-Apr, Wed
Time:	1510hrs
Venue:	Parade square
Attire:	PE attire, school / sport shoes, water bottle (<u>Leave all valuables and bags in class / locker.</u>)
Re-test / make-up:	26-Apr, Fri @1300hrs (for selected students)
Exemption:	Applies to students that are <u>medically unfit</u> for NAPFA Test only. Please show your PE teacher your valid doctor's MC / memo prior to the test date for exemption.

Awards categories:

- ♥ Top NAPFA Class Award (class with best pass rate)
- ♥ Top Performer Award (best in individual stations)
- ♥ Overall Top Performer Award (Gold awardees with 30pts)
- ♥ Bronze Award – 6pts, min. E grade
- ♥ Silver Award – 15pts, min. D grade
- ♥ Gold Award – 21 pts, min. C grade

NAPFA 5-Stations Test (Sec 2)

Date:	15-May, Wed
Time:	1510hrs
Venue:	Parade square
Attire:	PE attire, school / sport shoes, water bottle (<u>Leave all valuables and bags in class / locker.</u>)
Re-test / make-up:	23-May, Thur@1300hrs (for selected students)
Exemption:	Applies to students that are <u>medically unfit</u> for NAPFA Test only. Please show your PE teacher your valid doctor's MC / memo prior to the test date for exemption.

Awards categories:

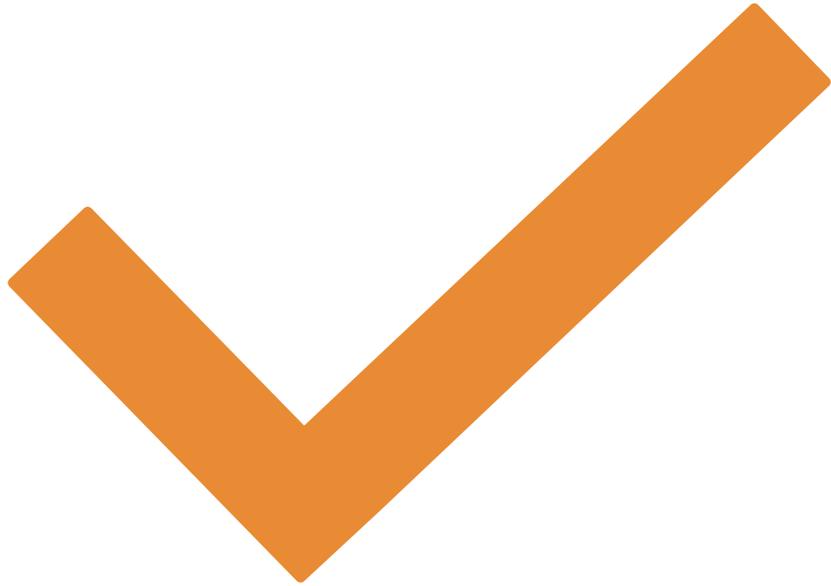
- ♥ Top NAPFA Class Award (class with best pass rate)
- ♥ Top Performer Award (best in individual stations)
- ♥ Overall Top Performer Award (Gold awardees with 30pts)
- ♥ Bronze Award – 6pts, min. E grade
- ♥ Silver Award – 15pts, min. D grade
- ♥ Gold Award – 21 pts, min. C grade

NAPFA 2.4km run/walk test (Sec 2, 4 and 5)

This test item will be conducted in the first four periods of the day (0755hrs – 1055hrs), according to the class PE timetable, within 2 weeks of the 5-stations test.

Awards categories:

- ♥ Top NAPFA Class Award (class with best pass rate)
- ♥ Top Performer Award (best in individual stations)
- ♥ Overall Top Performer Award (Gold awardees with 30pts)
- ♥ Bronze Award – 6pts, min. E grade
- ♥ Silver Award – 15pts, min. D grade
- ♥ Gold Award – 21 pts, min. C grade



Students should adhere to the following during the test for their safety and welfare:

1. Rest and hydrate well the night before the test.
2. Take a light meal before the test.
3. Wear the proper attire (PE t-shirt, PE shorts and running shoes) for the test.
4. Bring a water bottle for hydration and apply sun protection.
5. Inform the teachers if you are not feeling well at any point in time.



Preparation and safety for NAPFA Test

AWARD CATEGORIES

- Best in Sit-up
- Best in Sit & Reach
- Best in IPU / PU
- Best in Standing Broad Jump
- Best in Shuttle Run
- Best in 2.4km Run-Walk
- Overall Top Performer
- Top NAPFA Class Award



All the Best

