

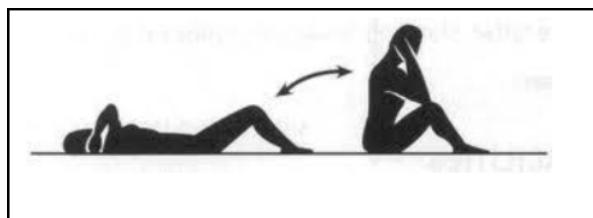
## National Physical Fitness Award (NAPFA) Standard

NAPFA is a compulsory test conducted by the PE Department to evaluate the overall physical fitness for the students who are in Secondary 2, 4 and 5.

- The NAPFA test comprises of 6 test stations:
  - (1) Bent-Knee Sit-Ups (with hands cupping ears)
  - (2) Standing Broad Jump
  - (3) Sit and Reach
  - (4A) Inclined Pull-up (for males between 12 – 14 years)
  - (4B) Pull Up (For males between 15 – 19 years)
  - (5) 4 X 10 Shuttle Run
  - (6) 2.4 km Run
- Secondary 1 and 3 students will attempt 3 of the stations, namely:
  - (1) Standing Broad Jump
  - (2A) Inclined Pull-up (for males between 12 – 14 years)
  - (2B) Pull up (for males between 15 – 19 years)
  - (3) 2.4 km Run
- Based on the test scores, the types of award given are listed below:

Award Type	Minimum Scores
<b>Bronze:</b>	At least an <b>E grade</b> performance in all 6 test items and a total of <b>6</b> or more points.
<b>Silver:</b>	At least a <b>D grade</b> performance in all 6 test items and a total of <b>15</b> or more points.
<b>Gold:</b>	At least a <b>C grade</b> performance in all 6 test items and a total of <b>21</b> or more points.

- Results of the NAPFA Test will be recorded in the student's Holistic Development Profile.
- The **NAPFA standards** for students is as follows:
  - (1) **BENT KNEE SIT UPS (with Hands cupping ears)**

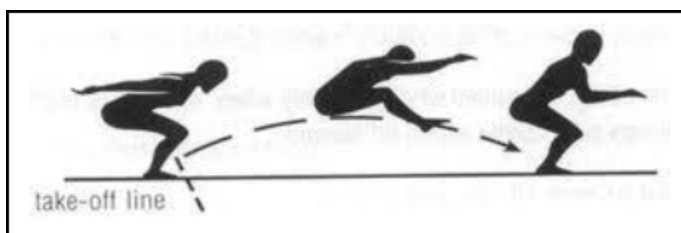


Grade	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs	17 yrs	18 yrs	19 yrs
<b>A</b>	> 41	> 42	> 42	> 42	> 42	> 42	> 42	> 42
<b>B</b>	36-41	38-42	40-42	40-42	40-42	40-42	40-42	40-42
<b>C</b>	32-35	34-37	37-39	37-39	37-39	37-39	37-39	37-39
<b>D</b>	27-31	29-33	33-36	34-36	34-36	34-36	34-36	34-36
<b>E</b>	22-26	25-28	29-32	30-33	31-33	31-33	31-33	31-33

*Note: Numbers indicate maximum number of bent knee sit ups in one minute.*

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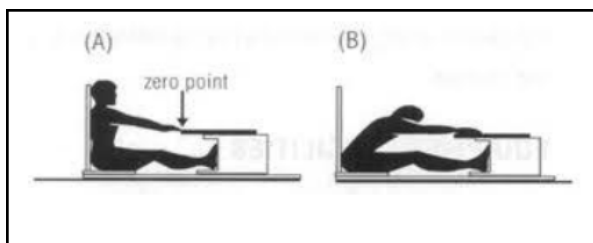
### (2) STANDING BROAD JUMP



Grade	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs	17 yrs	18 yrs	19 yrs
A	> 202	> 214	> 225	> 237	> 245	> 249	> 251	> 251
B	189-202	202-214	216-225	228-237	236-245	240-249	242-251	242-251
C	176-188	189-201	206-215	218-227	226-235	230-239	232-241	232-241
D	163-175	176-188	196-205	208-217	216-225	220-229	222-231	222-231
E	150-162	164-175	186-195	198-207	206-215	210-219	212-221	212-221

Note: Numbers indicate achievement of a certain length in cm, from a standing position.

### (3) SIT and REACH

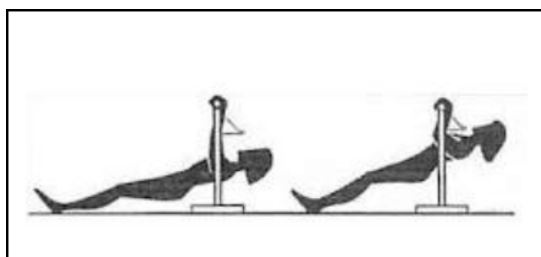


Grade	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs	17 yrs	18 yrs	19 yrs
A	> 39	> 41	> 43	> 45	> 47	> 48	> 48	> 48
B	36-39	38-41	40-43	42-45	44-47	45-48	45-48	45-48
C	32-35	34-37	36-39	38-41	40-43	41-44	41-44	41-44
D	28-31	30-33	32-35	34-37	36-39	37-40	37-40	37-40
E	23-27	25-29	27-31	29-33	31-35	32-36	32-36	32-36

Note: Numbers indicated are in cm. Score is obtained from the better of 2 attempts, with floating zero point.

## National Physical Fitness Award (NAPFA) Standard

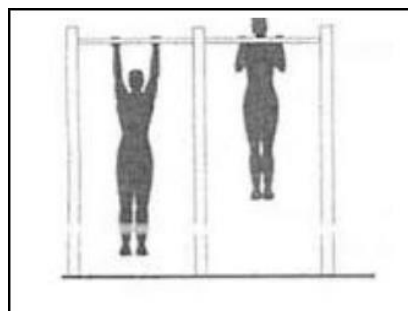
### (4A) INCLINED PULL-UP (For Males between 9 and 14 years old)



Grade	12 yrs	13 yrs	14 yrs
A	> 24	>25	> 26
B	21-24	22-25	23-26
C	16-20	17-21	18-22
D	11-15	12-16	13-17
E	5-10	7-11	8-12

*Note: Numbers indicate the maximum number of correctly completed inclined pull-ups in half a minute.*

### (4B) PULL UP (For Males between 15 and 19 years old)

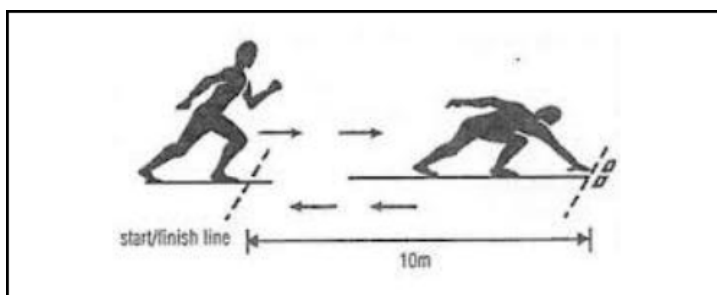


Grade	15 yrs	16 yrs	17 yrs	18 yrs	19 yrs
A	> 7	> 8	> 9	> 10	> 10
B	6-7	7-8	8-9	9-10	9-10
C	5	5-6	6-7	7-8	7-8
D	3-4	3-4	4-5	5-6	5-6
E	1-2	1-2	2-3	3-4	3-4

*Note: Numbers indicate the maximum number of correctly completed pull-ups in half a minute.*

## National Physical Fitness Award (NAPFA) Standard

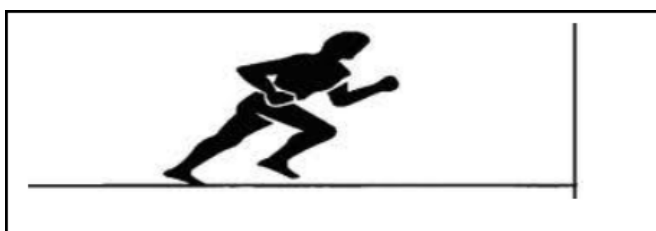
### (5) 4 X 10 m Shuttle Run



Grade	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs	17 yrs	18 yrs	19 yrs
A	< 10.4	< 10.3	< 10.2	< 10.2	< 10.2	< 10.2	< 10.2	< 10.2
B	10.4-10.9	10.3-10.7	10.2-10.4	10.2-10.3	10.2-10.3	10.2-10.3	10.2-10.3	10.2-10.3
C	11.0-11.3	10.8-11.1	10.5-10.8	10.4-10.5	10.4-10.5	10.4-10.5	10.4-10.5	10.4-10.5
D	11.4-11.7	11.2-11.5	10.9-11.2	10.6-10.9	10.6-10.7	10.6-10.7	10.6-10.7	10.6-10.7
E	11.8-12.2	11.6-11.9	11.3-11.6	11.0-11.3	10.8-11.1	10.8-10.9	10.8-10.9	10.8-10.9

*Note: Numbers indicate the completion of the test in seconds to the nearest one decimal place.*

### (6) 2.4 km Run



Grade	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs	17 yrs	18 yrs	19 yrs
A	< 12:01	< 11:31	< 11:01	< 10:41	< 10:31	< 10:21	< 10:21	< 10:21
B	12:01-13:10	11:31-12:30	11:01-12:00	10:41-11:40	10:31-11:30	10:21-11:10	10:21-11:10	10:21-11:00
C	13:11-14:20	12:31-13:40	12:01-13:00	11:41-12:40	11:31-12:20	11:11-12:00	11:11-11:50	11:01-11:40
D	14:21-15:30	13:41-14:50	13:01-14:10	12:41-13:40	12:21-13:20	12:01-12:50	11:51-12:40	11:41-12:30
E	15:31-16:50	14:51-16:00	14:11-15:20	13:41-14:40	13:21-14:10	12:51-13:40	12:41-13:30	12:31-13:20

*Note: Numbers indicate minutes and seconds.*

## National Physical Fitness Award (NAPFA) Standard

- The BMI of a student is a measure of the human body shape based on his mass and height.
- The BMI assesses how much an individual's body weight departs from what is normal or desirable for a person of his height.
- The BMI for students (Boys) from 12 to 18 years is presented in a Table, as follows:

Age	Severely Underweight	Underweight	Acceptable Weight	Overweight	Severely Overweight
12	≤14.4	14.5 - 14.8	14.9 - 24.3	24.4 - 29.2	≥29.3
13	≤14.7	14.8 - 15.1	15.2 - 25.0	25.1 - 30.0	≥30.1
14	≤15.0	15.1 - 15.4	15.5 - 25.5	25.6 - 30.6	≥30.7
15	≤15.3	15.4 - 15.8	15.9 - 26.1	26.2 - 31.2	≥31.3
16	≤15.6	15.7 - 16.1	16.2 - 26.5	26.6 - 31.7	≥31.8
17	≤15.9	16.0 - 16.3	16.4 - 27.0	27.1 - 32.1	≥32.2
18	≤16.1	16.2 - 16.6	16.7 - 27.4	27.5 - 32.4	≥32.5

- The BMI is calculated, as follows:

$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$$

For example: A 15 year-old boy measuring 1.7m tall and weighs 60kg

$$\text{BMI} = \frac{60 \text{ (kg)}}{1.70 \text{ (m)} \times 1.70 \text{ (m)}}$$

**BMI = 20.8** (acceptable weight)

- Based on the BMI range shown in the table, the student will be made aware of the health risks, as follows:

<b>Weight Status based on BMI</b>	<b>Health Risk</b>
Severely Overweight	High risk of developing heart disease, high blood pressure, stroke, diabetes
Overweight	Moderate risk of developing heart disease, high blood pressure, stroke, diabetes
Acceptable Weight	Low risk (healthy range)
Underweight	Risk of developing problems such as nutritional deficiency and osteoporosis