

Dear Parents,

Circular on Physical Fitness Tests

To increase the awareness of health-related fitness and encourage participation in exercise, our school joins the School Physical Fitness Award Scheme jointly organised by Hong Kong Childhealth Foundation and the Education Bureau. To get know of students' fitness level, we will hold a physical fitness test day. Details are as follows:

Date	19 th January, 2018 (Friday)
Place	Our School
Dress Code	School P.E. uniform
Test Items	1. sit and reach
	2. Bent-knee sit-ups for 1 minute
	3. Hand grip
	4. Endurance run/ walk for 6 or 9 minutes (Aged 6-8: 6 minutes, Aged 9 or above: 9 minutes)
Award	Students would be awarded with badges if their results in the tests reach the required level.
Remarks	Students should inform teachers if feeling unwell before the test

For enquiry, please contact Ms. Tsui Chi Lai.

Yours faithfully,

Chow Kim Ho

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Principal



Tsuen Wan Trade Association Primary School

Reply Slip of Circular no. 17-093/D08<Please return to Ms. Tsui Chi Lai.>

Circular on Physical Fitness Tests

Dear Principal,

I acknowledge receipt of the above circular regarding the lessons.

Opinion: _____.

Student's Name: _____

Parent's Signature: _____

Class: _____

Date: _____