

Tsuen Wan Trade Association Primary School

Circular no. 19-097/F04  
14<sup>th</sup> January, 2020

Dear parents,

**Circular on the School Physical Fitness Day**

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	16 <sup>th</sup> January, 2020
Venue	School outdoor playground and covered playground
Dress Code	School P.E. uniform
Test Items	1. Sit and reach
	2. Bent-knee sit-ups for 1 minute
	3. Hand grip test
	4. 15m PACER
Award	Students would be awarded with badges if their results in the tests reach the required level.
Fee	Free of charge
Note	Students will attend lessons normally according to the timetable before and after the activity.

For enquiry, please contact our P.E. teacher Mr. Lee Kin Leung.

Yours faithfully,

*Chow Kim Ho*

Chow Kim Ho

Principal



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Tsuen Wan Trade Association Primary School

Reply Slip of Circular no. 19-097/F04 < Please return it to the class teacher >

**Circular on the School Physical Fitness Day**

Dear Principal,

I acknowledge receipt of the above circular regarding the fitness day.

Opinion: \_\_\_\_\_

Date : \_\_\_\_\_

Class : \_\_\_\_\_ (\_\_\_\_\_)

Student's Name : \_\_\_\_\_

Parent's Signature: \_\_\_\_\_