

Dear Parents,

Circular on School Physical Fitness Award Scheme

To increase the awareness of physical fitness and encourage children to exercise, our school will join the School Physical Fitness Award Scheme jointly organised by Hong Kong Childhealth Foundation and the Education Bureau. To get to know students' fitness level, we will hold a physical fitness test during P.E lessons. The details are as follows:

Date	29 th April, 2026 – 14 th May, 2026
Time	P.E. lesson
Venue	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. P1-P3: 6-minute endurance run P4-P6: 9-minute endurance run
Award	Students will be awarded with badges from Hong Kong Childhealth Foundation if their results in the tests reach the required level.
Remarks	Students should inform teachers if they are feeling unwell before the test

For enquiries, please contact Mr. Ho Hing Wing.

Yours faithfully,

Chow Kim Ho

Chow Kim Ho

Principal



Tsuen Wan Trade Association Primary School

Reply Slip of Circular 25-197/N07 <Please return to Mr. Ho Hing Wing.>

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Dear Principal,

- I* ☐ agree that my child participates in the scheme, and declare that my child has no diseases and is ready to participate in the scheme.
- ☐ do not agree that my child participates in the scheme.

Student's Name: _____

Parent's Signature: _____

Class: _____

Date: _____