

School Physical Fitness Award Scheme Parents Consent Form

Dear Parents

The School Physical Fitness Award Schemes are jointly organized by the Hong Kong Childhealth Foundation (HKCHF), the Education Bureau and Physical Fitness Association of Hong Kong China. The aim is to promote the awareness of health-related fitness among school children and to encourage them to participate in regular exercise. Student need to apply the scheme through their school. Participating students are required to take physical fitness tests at school and pursue physical activities during their leisure time. If their results in the tests reach the required level, they will be awarded badges. Students can only register for participation through their school. Each participant will receive a copy of student's handbook. For safety reason, parents should cooperate with school, make sure the student is suitable to joint the scheme and joint the activity. If you have any enquiry, please consult with doctor.

The test included skin fold check, bent-knee sit ups, sit and reach, endurance run/ walk and handgrip test( Primary School) / push-ups (For teenager boys over 12 years) / Bent-knee push ups (For teenager girls over 12 years).

For details please refer to the attached documents on School Physical Fitness Award Scheme and the information on the test protocol or browse website:

<http://www.childhealthhongkong.com/2003/eng/05spfas/05.php> .

To help school to organize the scheme and follow up the students who join this scheme, please fill in the reply slip and return it to your school on or before \_\_\_\_\_ for processing, thank you for your cooperation!

Yours sincerely,

Principle \_\_\_\_\_

Encl. School Physical Fitness Award Scheme Introduction and testing method

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Reply Slip

I \*agree/ disagree my son/ daughter \_\_\_\_\_ (Class: \_\_\_\_\_), joint School Physical Fitness Award Scheme. (If disagree, please answer the following questions and at  add "√")

1. Because of health reason, now I apply to exempt from the follow test:  
Endurance run / Handgrip test (primary school) / Push-ups (for teenager boys over 12 years)/ Bent-knee push ups (For teenager girls over 12 years) / others test (please specify) \_\_\_\_\_

2. (If you disagree your son/ daughter to joint the scheme, please specify the reason)

\_\_\_\_\_

Parent's signature: \_\_\_\_\_

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

\* Please cross out not appropriate

## Introduction

The School Physical Fitness Award Schemes are jointly organized by the Hong Kong Childhealth Foundation the Education Bureau, and the Physical Fitness Association of Hong Kong China. They aim is to promote the awareness of health-related fitness among school children and encouraging them to participate in regular exercises. Participating students are required to take physical fitness tests at school and pursue physical activities during their leisure time. If their results in the tests reach the required level, they will be awarded certificate.

Website: <http://www.childhealthhongkong.com/2003/eng/05spfas/05.php>

## The Scheme

**1. Fitness Test:** The aim of the test is to assess the physical fitness status of children so that they can experience their own improvement. Teacher should conduct all the tests formally at least once in each school year (It is preferable to conduct the tests twice in each school year)

**2. Design of Individual Exercise Programmer:** Based on the capability of individual students, teachers can assist students to design their exercise programmes and set their personal goals.

**3. Participation in Physical Exercises:** Students participate in regular physical exercise under the guidance of their teachers and record their activities in the loose-leaf log sheet in the Student's Handbooks.

**4. Awards:** Students scoring the set total score in the tests will be awarded gold, silver or bronze level certificates respectively.

For detail please browse:

<http://www.childhealthhongkong.com/2003/eng/05spfas/05.php>

## Test Protocols

### **1. Skinfold Measurements**

To measure the thickness of triceps and calf skinfolds.

### **2. Bent-knee Sit-ups**

To measure abdominal muscle strength and endurance by performing as many sit-ups as possible in 1 minute.

### **3. Sit-and-Reach**

To measure the flexibility of the lower back and hamstring muscles by reaching forward as far as possible in a sitting position.

### **4. Endurance Run/ Walk**

(6 minutes for age 6-8 and 9 minutes for age 9 or above)

To measure the cardiovascular endurance by measuring the total distance run/ walked in 6/9 minutes in the specific area.

### **5. Push ups [Secondary School] (Push-ups( Boys) or Bent-knee Push-ups(girls)**

To measure muscular strength and endurance of the upper limbs by performing as many push-ups as possible.

### **6. Hand Grip (For Primary Schools Pupils)**

To measure the maximum handgrip strength.