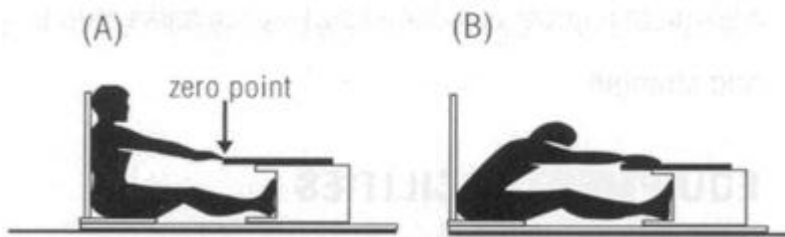


## NAPHA TEST

NAPHA test is conducted yearly for primary 4, 5 and 6 students to evaluate their overall physical fitness. The six physical tests are:

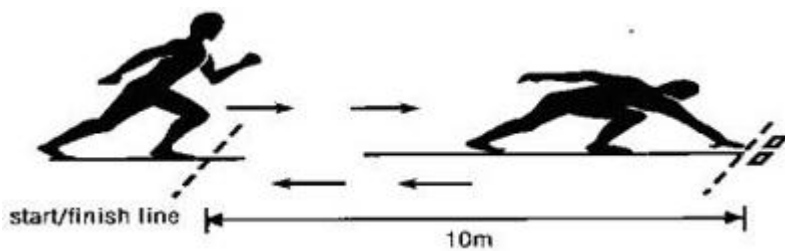
1. **Sit and Reach** – To measure flexibility of lower body
2. **4x 10m Shuttle Run** – To measure agility and speed
3. **Standing Broad Jump** –To measure muscular power of lower body
4. **Sit ups** – To measure muscular endurance of core muscles
5. **Inclined pull ups** – To measure muscular strength of upper body
6. **1.6km run** – To measure cardiovascular fitness and endurance

### 1. SIT AND REACH



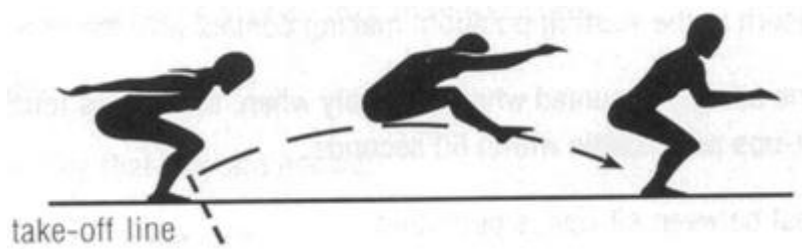
- 1.1 Back against the board
- 1.2 Both feet against the footrest, knees straightened
- 1.3 Extend and straighten both arms
- 1.4 Reach forward and hold for 2 seconds

### 2. 4 x 1 0 m SHUTTLE RUN



- 2.1 Run forward and pick up the 1<sup>st</sup> bean bag
- 2.2 Run back and put it on the start line
- 2.3 Run forward and pick up the 2<sup>nd</sup> bean bag
- 2.4 Run across the finish line

### 3. STANDING BROAD JUMP

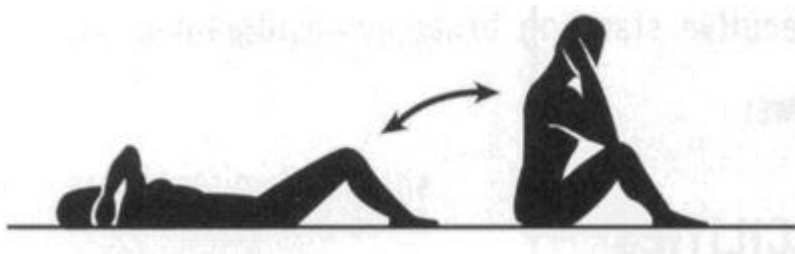


3.1 Stand behind the take-off line

3.2 Jump forward with both feet

3.3 Land and hold position

### 4. SIT-UPS IN ONE MINUTE



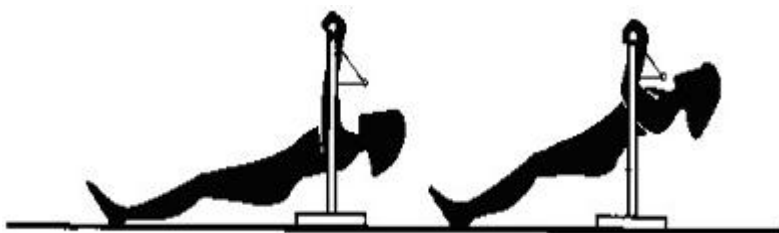
4.1 Lie down, knees bent about 90 degrees

4.2 Hands cup the ears

4.3 Curl up to touch knees with elbows

4.4 Fall back with shoulder blades touching the mattress

### 5. INCLINED PULL-UPS IN 30 SECONDS



5.1 Lie supine with the shoulders below the horizontal bar

5.2 Overhand/underhand grasp the horizontal bar with elbows straightened

5.3 Lift body, straighten and heels rest on the floor

5.4 Pull up until the chin reaches the rope/bar

5.5 Elbows straighten and repeat exercise

6. 1.6 km RUN



- 6.1 Run and land on the front of the foot, not the heels
- 6.2 Legs bent sufficiently and push off for a good stride length during run
- 6.3 Arms swing alternately forward and backward

Napha criteria

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

Boys

Age	Grade	Pts	No of Situps in 1 min	Standing Broad Jump Distance	Sit & Reach	No. of Inclined Pullups in 30 Sec	4x10m Shuttle Run	1.6km Run/Walk (min:sec)
9	A	5	>35	>168cm	>36	>26	<11.3	<9:40
	B	4	30-35	159-168	30-36	18-26	11.3-11.8	9:40-10:40
	C	3	25-29	149-158	23-29	9-17	11.9-12.2	10:41-11:40
	D	2	20-24	139-148	16-22	5-8	12.3-12.7	11:41-12:40
	E	1	15-19	130-138	9-15	2-4	12.8-13.1	12:40-13:50
10	A	5	>36	>174	>38	>27	<11.1	<9:30
	B	4	31-36	165-174	32-38	19-27	11.1-11.6	9:30-10:30
	C	3	26-30	156-164	25-31	10-18	11.7-12.0	10:31-11:40
	D	2	21-25	146-155	18-24	6-9	12.1-12.4	11:41-12:40
	E	1	17-20	137-145	11-17	2-5	12.5-12.9	12:41-13:40
11	A	5	>39	>188	>40	>27	<10.7	<8:50
	B	4	34-39	177-188	34-40	19-27	10.7-11.2	8:50-10:00
	C	3	30-33	166-176	27-33	10-18	11.3-11.6	10:01-11:10
	D	2	25-29	155-165	20-26	6-9	11.7-12.0	11:11-12:20
	E	1	20-24	144-154	13-19	2-5	12.1-12.5	12:21-13:30
12	A	5	>41	>202	>42	>27	<10.4	<8:40
	B	4	36-41	189-202	36-42	19-27	10.4-10.9	8:40-9:40
	C	3	32-35	176-188	29-35	10-18	11.0-11.3	9:41-10:40
	D	2	27-31	163-175	22-28	6-9	11.4-11.7	10:41-11:40
	E	1	22-26	150-162	15-21	2 - 5	11.8-12.2	11:41-12:30
13	A	5	>42	>214	>44	>28	<10.3	<8:10
	B	4	38-42	202-214	38-44	20-28	10.3-10.7	8:10-9:10
	C	3	34-37	189-201	31-37	11-19	10.8-11.1	9:11-10:10
	D	2	29-33	176-188	24-30	7-10	11.2-11.5	10:11-11:00
	E	1	25-28	164-175	17-23	3-6	11.6-11.9	11:01-12:00