



Chiu Sheung School, Hong Kong  
79B Pok Fu Lam Road, Hong Kong  
Tel : 2546-1644 Fax : 2517-2483  
Website : [www.csshk.edu.hk](http://www.csshk.edu.hk)



4<sup>th</sup> September, 2023

Dear Parents/Guardians,

School Physical Fitness Award Scheme Parent's Consent Form 2023-2024 No.013B  
(To: All students)

In order to promote the awareness of health-related fitness among children and to encourage them to participate in regular exercise, our school is going to join the School Physical Fitness Award Scheme. Students can only register through the school. For safety reason, parents should make sure your child is suitable to join the scheme. Please consult the doctor if you have any enquiry.

Please refer to the attached document or browse the website for details:  
<http://www.childhealthhongkong.com/2003/eng/05spfas/05c08.php>

Please return the reply slip to the class teacher on or before 6<sup>th</sup> September, 2023.



Mr. Chim Hon/Ming  
Principal, CSSHK



To: CSSHK

Class No: (     )

Reply Slip for Notice on School Physical Fitness Award Scheme  
Parent's Consent Form 2023-2024 No.013B

I acknowledge receipt of the notice on the award scheme, and I

☐ agree my child to participate in the scheme.

☐ do not agree my child to participate in the scheme.

Name of student: \_\_\_\_\_

Name of parent: \_\_\_\_\_

Class: \_\_\_\_\_

Signature: \_\_\_\_\_

Contact phone number: \_\_\_\_\_

Please tick the appropriate box.  
06.09.2023 Cheung

## Introduction

The School Physical Fitness Award Scheme is jointly organized by the Hong Kong Childhealth Foundation, the Education Bureau, and the Physical Fitness Association of Hong Kong China. The 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 the results in the tests reach the required level, a certificate will be awarded.

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

## Test Protocols

1. Bent-knee Sit-ups  
To measure the strength and endurance of abdominal muscle by doing as many sit-ups as possible within 1 minute.
2. 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.
3. 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.
4. Hand Grip (For P.4-P.6 pupils)  
To measure the maximum strength of the handgrip's.