

Dear "Teacher in charge"
School Physical Fitness Award Scheme (SPFAS) (Primary School)



We thank you for participating in our School Physical Fitness Award Scheme. By now you would have received the equipment and handbooks you have requested. As we have received a lot of applications, we may not have been able to offer you all the equipment you have requested. The equipment distributed to your school has been listed in a piece of paper with the equipment. Please remember to sign and return to us the receipt.

We have sent you all the handbooks you have requested. If we have sent you more handbooks than you requested (by mistake) please keep them for use when more of your students join the scheme in the future. If we have sent you less handbooks than you requested or that you need more, please inform us by fax to 2886 3166. We will deal with all inadequate/additional handbook requests from all schools at a later date.

Please note that there are 1-2 misprints in some of the handbooks. Amendments will be made to future edition of the handbook. (1) On page 19 to 22 and 26 to 29 of the primary school handbook the run/walk for students between 9 to 12 years should be for 9 minutes and not for 6 minutes. (2) In the table for the conversion of skinfold measurements into estimated percent body fat on page 13, the figures under the column on skinfold measurements should be under the column on percent body fat and vice versa. Furthermore the table is applicable for girls only. Please refer to the 2 correct tables below.

Table for conversion of skinfold measurements into estimated percent body fat (boys).

皮摺厚度換算成估計的身體脂肪比例表(男生)

	Very Low 過低	Low 低	Optimal Range 適中	Moderately High 略高	High 高	Very High 過高
Skinfold Measurement 皮摺厚度	低於 Under 6.5mm	7.0-12.5mm	13.0-26.0mm	26.5-33.0mm	33.5-39.5mm	高於 Over 40.0mm
Percent Body Fat 估計的脂肪 百分比率	低於 Under 5.8%	5.9%-10.2%	10.3-20.1%	20.2-25.3%	25.4-30.0%	高於 Over 30.0%

Table for conversion of skinfold measurements into estimated percent body fat (girls).

皮摺厚度換算成估計的身體脂肪比例表(女生)

	Very Low 過低	Low 低	Optimal Range 適中	Moderately High 略高	High 高	Very High 過高
Skinfold Measurement 皮摺厚度	低於 Under 11.5mm	12.0-16.0mm	16.5-35.5mm	36.0-44.0mm	44.5-49.0mm	高於 Over 49.5mm
Percent Body Fat 估計的脂肪 百分比率	低於 Under 12.1%	12.2-14.9%	15.0-26.8%	26.9-31.9%	32.0-35.0%	高於 Over 35.0%

Please note also that the strength of the right handgrip and left handgrip should be added up first before comparing them with the sum of the two from tables on pages 16-29 to obtain the score for the handgrip. The score of the handgrip can then be entered onto the scoring chart on page 30 and 31.

Lastly, the handgrip dynamometer is an expensive equipment, please keep it/them in a dry place for storage and avoid dropping it/them on the floor during use.

We look forward to your active participation.