| Week 1 | | | | |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Never steal from an Ostrich | Rainbow Tag | Doctors | Splat | Dragon's Den |
| Week 2 | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Angels and Devils | Chicken or Hero | Simpson Donuts | Catch The Cone | Sugar Rush |
| Week 3 | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Dodge Tag | Cops and Robbers | Cricket | Corners | Chicken Cluck Cluck |
| Week 4 | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Domes and Dishes | Cricket | Corners | Ahoy Matey | Red Light, Green Light |
| Week 5 | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Dragon’s Den | Tails | Dodge Tag | Red Light, Green Light | Pizza Toppings |
| Week 6 | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Sugar Rush | Good luck little Ninjas | Red light, green light | Ready, Steady, Bounce! | Handball |
| Week 7 | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Chicken Cluck, Cluck | Avoid Avocado’s | Space Invaders | A-Z workout! | Basketball |
| Week 8 | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Netball skills | Red light, green light | Rabbit Holes | Under The Sea | Cricket |
| Week 9 | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Tennis | Dodge Tag | Stuck in the mud | Down on one knee | Sugar Rush |
| Week 10 | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Red light, green light | Stuck in the mud | Dodgeball | Rats and Rabbits | Roll a Dice Workout |