| Week 1  |
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| 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  |