The club aims to extend opportunities in fitness to students in Year 5 and 6 in a variety of sporting events such as:

- Long Jump – skills involve the Run Up, Take Off and Landing techniques
- High Jump – skills involve the Technique for Scissor Jump
- Shuttle Relays – teamwork and strategies
- Sprinting 100m/200m – Starting and Finishing techniques

The students may set goals each week to improve their performances.