| Week | Day | CCA | Time | Venue | Activity | Teacher IC | Remarks |
|------|---------------|--------------|-----------------------|-------------------------------------------------|-----------------------------------------------------------|--------------------------------------------|----------------------------|
| | | NCC (Land) | 8 to 1pm | YSS commons Classrooms for CPR-AED course | NCC day camp 8 to 5pm CPR-AED course for cadets | CK, Imran, Jia Hui, Germaine | |
| | Mon | NCDCC | 8am to 1pm | Parade square and classrooms | NCDCC day camp | Zakir, Justin, Wanni | |
| | | Concert Band | 11am - 1pm | Music room | Full band practice | Daniel | |
| | 28 Oct | Guzheng | 10.30am - 12.30pm | YSS Commons | practice SYF (All members) | Ai Ti | |
| | | Football | 0830 - 1100 | Field | Training | Mr Toh, Mr Muru, Ms Darwina, Ms Syhella | Boys |
| | | Prefect | 8 - 8.30am 2 - 3pm | ISH | Student Leadership Challenge | Jia Hui | |
| | Tue 29 Oct | Basketball | 900 - 1300 | Bukit Merah Scondary School | BM Cup | Ms Tay, Ms Yeo and Mr Shu | 900 (boys) , 1100 (girls) |
| | | Basketball | 900 - 1200 | Basketball Court | Training | Ms Tay, Ms Yeo and Mr Shu | For only current Sec 1 |
| | | NCC (Land) | 8 to 1pm | parade square/ school field | NCC day camp 8 to 5pm; LJ to Navy Museum 1pm to 4pm | CK, Imran, Jia Hui, Germaine | |
| | | NCDCC | 8am to 1pm | Parade square and classrooms | NCDCC day camp | Zakir, Justin, Wanni | |
| | | Modern Dance | 9.30-12pm | Music Room | practice SYF | Yulin | |
| | | Football | 0830 - 1100 | Field | Training | Mr Toh, Mr Muru, Ms Darwina, Ms Syhella | Boys |
| | | Basketball | 1300 - 1700 | Bukit Merah Scondary School | BM Cup | Ms Tay, Ms Yeo and Mr Shu | 1435 (boys) , 1535 (girls) |
| | | Basketball | 900 - 1200 | Basketball Court | Training | Ms Tay, Ms Yeo and Mr Shu | For only current Sec 1 |
| T4W8 | | NCC (Land) | 8 to 2pm | parade square | NCC day camp | CK, Imran, Jia Hui, Germaine | |
| | | NPCC | 3:30pm - 6pm | Parade Square, Level 1 Classrooms | Regular Training | Jarren, Su Wen, Serena | Secondary 1 and 2 Cadets |
| | Wed | NPCC | 2pm - 6pm | HTA | Enhanced CSI Course | Crescencia | Secondary 3 Cadets |
| | 30 Oct | Concert Band | 12 - 2pm | Music Room and nearby classrooms | Sectionals | Jianghui | |
| | | Guzheng | 9am - 12 pm | YSS Commons | practice SYF (All members) | Sin Yee | |
| | | Malay Dance | 0900 -1200 | TBC | SYF Training | Nurfirdaus | |

| Week | Day | CCA | Time | Venue | Activity | Teacher IC | Remarks | | |
|------|---------------|---------------|---------------|-------------------------------------------|----------------------------|---------------------------------------------------------------|-----------------------------------|--|--|
| | | Robotics | 2-4pm | Comlab 2 and 4 Commons | Training | Mr Phua Joo Shian, Ms Ong Hai Ling and Ms Madeline Wong | Venue pending O level PE approval | | |
| | | Football | 0830 - 1000 | Field | Training | Mr Toh, Mr Muru, Ms Darwina, Ms Syhella | N2 girls | | |
| | Thu 31 Oct | DEEPAVALI | | | | | | | |
| | | Basketball | 1300 - 1700 | Bukit Merah Scondary School | BM Cup | Ms Tay, Ms Yeo and Mr Shu | 1235 (boys) , 1335 (girls) | | |
| | Fri 1 Nov | NPCC | 8:30am - 12pm | Parade Square, Level 1 Classrooms | Regular Training | Jarren, Su Wen, Crescencia, Serena | | | |
| | | Concert Band | 10am - 12pm | Music room | Full band practice | Daniel | | | |
| | | Football | 0830 - 1000 | Field | Training | Mr Toh, Mr Muru, Ms Darwina, Ms Syhella | N2 girls | | |
| | Mon | Volleyball | 9am - 12pm | ISH | U16 Mintonette Training | Mr Loy/Ms Oh | | | |
| | | Basketball | 900 - 1200 | Basketball Court | Training | Mr Shu | For only current Sec 1 | | |
| | | NPCC | 8:30am - 12pm | Parade Square, Level 1 Classrooms | Regular Training | Jarren, Su Wen, Crescencia, Serena | | | |
| | 4 Nov | Concert Band | 10am - 12pm | Music room | Full band practice | Jianghui | | | |
| | | Guzheng | 9am - 12 pm | YSS Commons | practice SYF (All members) | Sin Yee | | | |
| | | Football | 0830 - 1200 | Field | YSS Invitational | Mr Toh, Mr Muru, Ms Darwina, Ms Syhella | Football tournamet | | |
| | | Basketball | 900 - 1200 | Basketball Court | Training | Mr Shu | For only current Sec 1 | | |
| | | Netball | 1000 - 1200 | ISH | Training | Ms Nithya S, Mrs Leong, Ms Chin, Ms Sabrina | | | |
| | Tue 5 Nov | English Drama | 1000 - 1.00pm | YSS Commons / Classrooms in level 4 | Training | Mdm Malar, Mr Ong, Ms Sonam | | | |
| | | Guzheng | 9am - 12 pm | YSS Commons | practice SYF (All members) | Sin Yee | | | |
| | | Football | 0830 - 1100 | Field | Training | Mr Toh, Mr Muru, Ms Darwina, Ms Syhella | Boys | | |

| Week | Day | CCA | Time | Venue | Activity | Teacher IC | Remarks |
|------|--------------|---------------|-----------------|-----------------------------------------|-------------------------|---------------------------------------------------------------|-----------------------------------|
| | | Volleyball | 9am - 12pm | ISH | U16 Mintonette Training | Mr Loy/Ms Oh | |
| | | Basketball | 900 - 1200 | Basketball Court | Training | Mr Shu | For only current Sec 1 |
| | | NPCC | 8:30am - 5:30pm | Parade Square, Level 1 Classrooms | Cadet Leader Camp | Jarren, Serena | Secondary 2 Cadets |
| | Wed | Modern Dance | 9.30-12pm | Yss Commons | practice SYF | Yulin | |
| T4W9 | 6 Nov | Malay Dance | 0900-1200 | TBC | SYF Training | Nurfirdaus | |
| | | Robotics | 2-4pm | Comlab 2 and 4 | Training | Mr Phua Joo Shian, Ms Ong Hai Ling and Ms Madeline Wong | Venue pending O level PE approval |
| | | Football | 0830 - 1000 | Field | Training | Mr Toh, Mr Muru, Ms Darwina, Ms Syhella | N2 girls |
| | | Basketball | 900 - 1200 | Basketball Court | Training | Mr Shu | For only current Sec 1 |
| | | Basketball | 900 - 1200 | ISH | Friendly matches | | For Sec 2 & Sec 3 |
| | Thu 7 Nov | Netball | 1000 - 1200 | Parade Square | Training | Ms Nithya S, Mrs Leong, Ms Chin, Ms Sabrina | |
| | | NPCC | 8:30am - 5:30pm | Parade Square, Level 1 Classrooms | Cadet Leader Camp | Su Wen, Crescencia | Secondary 2 Cadets |
| | | Concert Band | 11am - 1pm | Music room | Full band practice | Esther | |
| | | Modern Dance | 9.30-12pm | YSS Commons / Hall | practice SYF | Yulin | |
| | | English Drama | 1000 - 1.00pm | YSS Commons / Classroom level 4 | Training | Mdm Malar, Mr Ong, Ms Sonam | |
| | | Football | 0830 - 1030 | Field | Friendly match | Mr Toh, Mr Muru, Ms Darwina, Ms Syhella | vs Unity Sec |
| | | Volleyball | 9am - 12pm | ISH | U16 Mintonette Training | Mr Loy/Ms Oh | |
| | Fri | NPCC | 8:30pm - 12pm | Parade Square, Level 1 Classrooms | Cadet Leader Camp | Jarren | Secondary 2 Cadets |
| | 8 Nov | Football | 0830 - 1000 | Field | Training | Mr Toh, Mr Muru, Ms Darwina, Ms Syhella | N2 girls |
| | | | | | | | |
| | | Volleyball | TBC | Jurong West Sports Centre | U16 Mintonette Cup | Mr Loy/Ms Oh | |
| | | Basketball | 900 - 1200 | Basketball Court | Training | Ms Tay, Mr Shu | Boys |
| | | Netball | 1000 - 1200 | ISH | Training | Ms Nithya S, Mrs Leong, Ms Chin, Ms Sabrina | |

| Week | Day | CCA | Time | Venue | Activity | Teacher IC | Remarks |
|-------|---------------|---------------|------------------------|-------------------------------------------------------------|----------------------------|------------------------------------------------|------------------------------------------------------------------------------|
| | Mon 11 Nov | Guzheng | 10am - 12pm | YSS Commons | practice SYF (All-members) | Lee Mei | |
| | | Football | 0830 - 1100 | Field | Training | Mr Toh, Mr Muru, Ms Darwina, Ms Syhella | Boys |
| | | Cross Country | 0700 - 1000 | School Field / Hall / Basketball Court Yishun Stadium | Training | Mr Chee, Mrs Jaya | Yishun Stadium: depends on availability and the need to train at the stadium |
| | | Badminton | 9am to 11am | Hall/ISH | NSG training | Mr Lee/ Mr Raju | |
| | | Volleyball | TBC | Jurong West Sports Centre | U16 Mintonette Cup | Mr Loy/Ms Oh | |
| | Tue | Basketball | 900 - 1200 | Basketball Court | Training | Ms Tay, Mr Shu | Girls |
| | 12 Nov | English Drama | 10.00am -1.00pm | External Venue | Bonding session | Mdm Malar, Mr Ong, Ms Sonam | |
| | | Football | 0830 - 1100 | Field | Training | Mr Toh, Mr Muru, Ms Darwina, Ms Syhella | Boys |
| | | Volleyball | TBC | Jurong West Sports Centre | U16 Mintonette Cup | Mr Loy/Ms Oh | |
| | | Basketball | 900 - 1200 | Basketball Court | Training | Ms Tay | Boys |
| | | Malay Dance | 0900-1200 | TBC | SYF Training | Nurfirdaus | |
| | Wed 13 Nov | Football | 0830 - 1000 | Field | Training | Mr Toh, Mr Muru, Ms Darwina, Ms Syhella | N2 girls |
| T4W10 | | Cross Country | 0700 - 1000 | School Field / Hall / Basketball Court Yishun Stadium | Training | Mr Chee, Mrs Jaya | Yishun Stadium: depends on availability and the need to train at the stadium |
| | | Badminton | 9am to 11am | Hall/ISH | NSG training | Mr Yeung/ Ms Ng | |
| | | Volleyball | TBC | Jurong West Sports Centre | U16 Mintonette Cup | Mr Loy/Ms Oh | |
| | | Basketball | 900 - 1200 | Basketball Court | Training | Ms Yeo | Girls |
| | | Concert Band | 10am - 12pm | Music room | Full band practice | Jianghui | |
| | Thu | Modern Dance | 9.30-12pm | Yss Commons | practice SYF | Yulin | |
| | 14 Nov | English Drama | 5.30pm -1100pm | Funan Centre | LJ (Watch Play) | Mdm Malar, Mr Ong, Ms Sonam | |
| | | English Drama | 1.00pm -4.00pm | YSS Commons / Classroom level 4 | Training | Mdm Malar, Mr Ong, Ms Sonam | |
| | | Football | 0830 - 1100 | Field | Training | Mr Toh, Mr Muru, Ms Darwina, Ms Syhella | Boys |
| | | Volleyball | TBC | Jurong West Sports Centre | U16 Mintonette Cup | Mr Loy/Ms Oh | |
| | | Netball | 1130 - 1330 | ISH | Training | Ms Nithya S, Mrs Leong, Ms Chin, Ms Sabrina | |
| | Fri | NPCC | 8:30am - 12pm | Parade Square, Level 1 Classrooms | Regular Training | Jarren, Su Wen, Crescencia, Germaine | PDS Cadets only |

| Week | Day | CCA | Time | Venue | Activity | Teacher IC | Remarks |
|------|---------------|---------------|-------------|-------------------------------------------------------------|--------------------------------------------------|--------------------------------------------|------------------------------------------------------------------------------|
| | 15 Nov | NPCC | 2pm - 6pm | HTA | Cadet Leader Course | Su Wen | Two Secondary 2 cadets |
| | | Concert Band | 10am - 12pm | Music room | Full band practice | Puay Hoon | |
| | | Guzheng | 10am - 12pm | Yss Commons | Prep for Open house (selected members) | Ai Ti | |
| | | Football | 0830 - 1000 | Field | Training | Mr Toh, Mr Muru, Ms Darwina, Ms Syhella | N2 girls |
| | | | | | Chong Pang Invitational | - | |
| | | Basketball | 900 - 1600 | ISH | Cup | Ms Tay, Ms Yeo | Boys and Girls |
| | Mon | Netball | 0800 - 1000 | Parade Square | Training | Ms Chin | |
| | 18 Nov | Cross Country | 0700 - 1000 | School Field / Hall / Basketball Court Yishun Stadium | Training | Mr Chee, Mrs Jaya | Yishun Stadium: depends on availability and the need to train at the stadium |
| | Tue | Basketball | 900 - 2400 | ISH | Chong Pang Invitational Cup / Basketball Camp | Mr Tan, Ms Tay, Ms Yeo | Boys and Girls |
| | 19 Nov | Netball | 0800 - 1000 | Parade Square | Training | Ms Sabrina | |
| | | | | | | | |
| | | Basketball | 900 - 2400 | ISH | Chong Pang Invitational Cup / Basketball Camp | Mr Tan, Ms Tay, Ms Yeo | Boys and Girls |
| | Wed 20 Nov | Cross Country | 0700 - 1000 | School Field / Hall / Basketball Court Yishun Stadium | Training | Mr Chee, Mrs Jaya | Yishun Stadium: depends on availability and the need to train at the stadium |
| | Thu 21 Nov | Basketball | 900 - 2400 | ISH | Chong Pang Invitational Cup / Basketball Camp | Mr Tan, Ms Tay, Ms Yeo | Boys and Girls |
| | | | | | | | |
| | Fri | Basketball | 900 - 1600 | ISH | Chong Pang Invitational Cup | Mr Tan, Ms Tay, Ms Yeo | Boys and Girls |
| | 22 Nov | | | | | | |
| | Mon 25 Nov | Cross Country | 0700 - 1000 | School Field / Hall / Basketball Court Yishun Stadium | Training | Mr Chee, Mrs Jaya | Yishun Stadium: depends on availability and the need to train at the stadium |
| | | | | School Field / Hall / Basketball Court | | | Yishun Stadium: depends on availability and the need to train at the stadium |
| | Wed 27 Nov | Cross Country | 0700 - 1000 | Yishun Stadium | Training | Mr Chee, Mrs Jaya | |

| Week | Day | CCA | Time | Venue | Activity | Teacher IC | Remarks |
|---------------------|---------------|---------------|--------------|-------------------------------------------------------------|--------------|------------------------------|------------------------------------------------------------------------------|
| | Mon 9 Dec | Cross Country | 0700 - 1000 | School Field / Hall / Basketball Court Yishun Stadium | Training | Mr Chee, Mrs Jaya | Yishun Stadium: depends on availability and the need to train at the stadium |
| | Wed 11 Dec | Cross Country | 0700 - 1000 | School Field / Hall / Basketball Court Yishun Stadium | Training | Mr Chee, Mrs Jaya | Yishun Stadium: depends on availability and the need to train at the stadium |
| | | Basketball | 900 - 1600 | Unity Sec | Unity Cup | Ms Yeo | Girls |
| Nov-Dec Holidays | Mon 16 Dec | Cross Country | 0700 - 1000 | School Field / Hall / Basketball Court Yishun Stadium | Training | Mr Chee, Mrs Jaya | Yishun Stadium: depends on availability and the need to train at the stadium |
| | Tue 17 Dec | Badminton | 9am to 11am | Hall/ISH | NSG training | Mr Yeung | |
| | | Basketball | 900 - 1600 | Unity Sec | Unity Cup | Ms Yeo | Girls |
| | | Football | 8 am - 11 am | School Field | NSG training | Mr Muru | Boys |
| | Wed 18 Dec | Volleyball | 9am - 12pm | ISH | NSG Training | Mr Loy | |
| | | Basketball | 900 - 1600 | Unity Sec | Unity Cup | Ms Yeo | Girls |
| | | Cross Country | 0700 - 1000 | School Field / Hall / Basketball Court Yishun Stadium | Training | Mr Chee, Mrs Jaya | Yishun Stadium: depends on availability and the need to train at the stadium |
| | | Badminton | 9am to 11am | Hall/ISH | NSG training | Mr Yeung | |
| | Thu 19 Dec | Basketball | 900 - 1600 | Unity Sec | Unity Cup | Ms Yeo | Girls |
| | 10 000 | Football | 8 am - 11 am | School Field | NSG training | Mr Muru | Boys |
| | Fri 20 Dec | Volleyball | 9am - 12pm | ISH | NSG Training | Mr Loy | |
| | | Volleyball | 9am - 12pm | ISH | NSG Training | Mr Loy | |
| | Mon 23 Dec | Basketball | 900 - 1200 | Basketball Court | Training | Ms Tay, Ms Yeo and Mr Shu | Boys |
| | | Cross Country | 0700 - 1000 | School Field / Hall / Basketball Court Yishun Stadium | Training | Mr Chee, Mrs Jaya | Yishun Stadium: depends on availability and the need to train at the stadium |
| | Tue | Basketball | 900 - 1200 | Basketball Court | Training | Ms Tay, Ms Yeo and Mr Shu | Girls |

| Week | Day | CCA | Time | Venue | Activity | Teacher IC | Remarks |
|------|---------------|------------|--------------|------------------|--------------|------------------------------|---------|
| | 24 Dec | Football | 8 am - 11 am | School Field | NSG training | Mr Muru | Boys |
| | Wed 25 Dec | | | | | | |
| | | Badminton | 9am to 11am | Hall/ISH | NSG training | Mr Yeung | |
| | Thu 26 Dec | Basketball | 900 - 1200 | Basketball Court | Training | Ms Tay, Ms Yeo and Mr Shu | Boys |
| | | Football | 8 am - 11 am | School Field | NSG training | Mr Muru | Boys |
| | | Volleyball | 9am - 12pm | ISH | NSG Training | Mr Loy/Ms Oh | |
| | Fri 27 Dec | Basketball | 900 - 1200 | Basketball Court | Training | Ms Tay, Ms Yeo and Mr Shu | Girls |
| | | Volleyball | 9am - 12pm | ISH | NSG Training | Mr Loy/Ms Oh | |
| | Mon 30 Dec | Basketball | 900 - 1200 | Basketball Court | Training | Ms Tay, Ms Yeo and Mr Shu | Boys |
| | | Netball | 0800 - 1000 | Parade Square | Training | Mrs Leong | |
| | _ | Badminton | 9am to 11am | Hall/ISH | NSG training | Mr Yeung | |
| | Tue 31 Dec | Football | 8 am - 11 am | School Field | NSG training | Mr Muru | Boys |