



# Sample Language Plus Tennis Programme

(this is a sample programme only and changes are at the discretion of the Head Coach)

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Mornings</b>		Breakfast & Morning Meeting					
<b>Lesson 1</b>		Warm-up Tennis assessment	Warm-up Forehand fundamentals	Warm-up Backhand fundamentals	Warm-up Serve fundamentals	Warm-up Volley & smash fundamentals	
<b>Lesson 2</b>		Group placement Getting to know Players	Patterns of play	Patterns of play	Serve Tactics Point play	Volley & smash approach play	
<b>Lesson 3</b>	 <b>Arrival</b>	Core skills Warm-down	Practice - match play Warm-down	Practice – doubles / singles Warm-down	Serve & return drills Warm-down	Tournament Warm-down Awards	<b>Departure</b> 
<b>Afternoons</b>		Lunch, Afternoon Meeting & Free Time					
<b>Lesson 1</b>		English assessment & tour of centre	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	
<b>Lesson 2</b>		Grammar & Vocabulary (Core English)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	
<b>Lesson 3</b>		Reading/listening, Writing/speaking (Integrated Skills)	Project (Collaboration)	Project (Collaboration)	Project (Collaboration)	Project (Collaboration) Progress test	
		Dinner, Free Time, Evening Entertainment & Bed Time					

**Please note:**  
English lessons  
can take place  
in the mornings  
or the afternoons



**LEADING UK SUMMER SCHOOLS FOR ENGLISH  
LANGUAGE PLUS SPORT, MUSIC & DANCE**

PREMIER RESIDENTIAL COURSES FOR INTERNATIONAL STUDENTS AGED 9-17

**SUMMER 2020**

# Sample Language Plus Horse Riding Programme

(this is a sample programme only and changes are at the discretion of the Head Coach)

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>Mornings</b>	 <b>Arrival</b>	<b>Breakfast &amp; Morning Meeting</b>						
<b>Lesson 1</b>		Health & safety brief Assessment of all riders	Practical stable management and grooming	Theoretical stable management	Care of equipment workshop	Stable management Quiz Warm-up	<b>Departure</b> 	
<b>Lesson 2</b>		Handy Pony exercises	Warm-up exercises Training posture Level depending: walking, trotting,	Warm-up Countryside hack	Warm-up Jumping exercises	Show-jumping competition		
<b>Lesson 3</b>		Handy Pony exercises Cool-down	cantering and jumping (cross poles, 2'6 and 3'3 courses) Cool-down	Countryside hack Cool-down	Handy Pony exercises Cool-down	Gymkhana competition Cool-down Awards		
<b>Afternoons</b>		<b>Lunch, Afternoon Meeting &amp; Free Time</b>						
<b>Lesson 1</b>		English assessment & tour of centre	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)		
<b>Lesson 2</b>		Grammar & Vocabulary (Core English)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)		
<b>Lesson 3</b>		Reading/listening, Writing/speaking (Integrated Skills)	Project (Collaboration)	Project (Collaboration)	Project (Collaboration)	Project (Collaboration) Progress test		
		<b>Dinner, Free Time, Evening Entertainment &amp; Bed Time</b>						

**Please note:**  
English lessons can take place in the mornings or the afternoons



**LEADING UK SUMMER SCHOOLS FOR ENGLISH LANGUAGE PLUS SPORT, MUSIC & DANCE**

PREMIER RESIDENTIAL COURSES FOR INTERNATIONAL STUDENTS AGED 9-17

**SUMMER 2020**

# Sample Language Plus Dance Programme

(this is a sample programme only and changes are at the discretion of the Head Coach)

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Mornings</b>	Breakfast & Morning Meeting						
<b>Lesson 1</b>	 <b>Arrival</b>	Warm-up (fitness work, flexibility, body alignment)	Warm-up Corner work Fitness & flexibility	Warm-up Corner work	Warm-up Corner work	Warm-up Corner work	<b>Departure</b> 
<b>Lesson 2</b>		New choreography learning and practice	Floor work & technique, body alignment & placement	Floor work & technique Step execution New choreography	Floor work & technique Finish off both routines	Floor work & technique Polish routines	
<b>Lesson 3</b>		Group choreography with music Cool-down	New choreography learning and group work Cool-down	Complete set with music Cool-down	Group choreography and video analysis Cool-down	Prepare for evening performance Practice with small audience	
<b>Afternoons</b>	Lunch, Afternoon Meeting & Free Time						
<b>Lesson 1</b>	English assessment & tour of centre	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	<b>Please note:</b> English lessons can take place in the mornings or the afternoons
<b>Lesson 2</b>	Grammar & Vocabulary (Core English)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	
<b>Lesson 3</b>	Reading/listening, Writing/speaking (Integrated Skills)	Project (Collaboration)	Project (Collaboration)	Project (Collaboration)	Project (Collaboration)	Project (Collaboration) Progress test	
	Dinner, Free Time, Evening Entertainment & Bed Time						



**LEADING UK SUMMER SCHOOLS FOR ENGLISH LANGUAGE PLUS SPORT, MUSIC & DANCE**

PREMIER RESIDENTIAL COURSES FOR INTERNATIONAL STUDENTS AGED 9-17

**SUMMER 2020**

# Sample Language Plus Music Programme

(this is a sample programme only and changes are at the discretion of the Head Coach)

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>Mornings</b>	 <b>Arrival</b>	<b>Breakfast &amp; Morning Meeting</b>						
<b>Lesson 1</b>		Music ability assessment through performance	Warm-up Rhythm exercises	Warm-up Introduction of new material to the group	Warm-up Rhythm exercises	Warm-up Recap of all music		
<b>Lesson 2</b>		Introduction of relevant musical material to the group	Extension of groups ensemble (working in groups)	Tone quality, balance and blending	Recap and improve previous day's work Create 1 or 2 more pieces	Performance & communication skills (improvisation & ensemble work)		
<b>Lesson 3</b>		Extension of groups ensemble (working in groups)	Student centred practice & create parts for performance	Student centred practice & create parts for performance	Recording	Rehearsal & improve individual / group performance for show		
<b>Afternoons</b>			<b>Lunch, Afternoon Meeting &amp; Free Time</b>					
<b>Lesson 1</b>		English assessment & tour of centre	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)		
<b>Lesson 2</b>		Grammar & Vocabulary (Core English)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)		
<b>Lesson 3</b>		Reading/listening, Writing/speaking (Integrated Skills)	Project (Collaboration)	Project (Collaboration)	Project (Collaboration)	Project (Collaboration) Progress test		
			<b>Dinner, Free Time, Evening Entertainment &amp; Bed Time</b>					
							<b>Departure</b> 	

**Please note:**  
English lessons can take place in the mornings or the afternoons