

SAMPLE PROGRAMME: ENGLISH + RUGBY

| TIME | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------|-----------------------------|---|---|---|---|---|----------|
| Mornings | Breakfast & Morning Meeting | | | | | | |
| Lesson 1 | | Warm-up Rugby assessment | Warm-up Catching & handling drills | Warm-up Ball presentation | Warm-up Decision-making | Warm-up "Sevens" drills | |
| Lesson 2 | | Short & long passing drills | Body positioning Kicking drills | Scrum drills Backs moves | Tackling & safety (age dependent) | Sevens tournament | |
| Lesson 3 | | Conditioning drills Cool-down | Agility drills Cool-down | Positional drills Cool-down | Defending drills Cool-down | Tournament Cool-down Awards | |
| Afternoons | | Lunch, Afternoon Meeting & Free Time | | | | | |
| Lesson 1 | | English assessment & tour of centre | Grammar & Vocabulary (Core English) | Grammar & Vocabulary (Core English) | Grammar & Vocabulary (Core English) | Grammar & Vocabulary (Core English) | |
| Lesson 2 | | 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) | |
| Lesson 3 | | Reading/listening, Writing/speaking (Integrated Skills) | Project (Collaboration) | Project (Collaboration) | Project (Collaboration) | Project (Collaboration) Progress test | |
| | | Dinner, Free Time, Evening Entertainment & Bed Time | | | | | |



Arrival



Departure

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