



# Sample Language Plus Multi-Activity 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
Mornings	<div></div> <div>Arrival</div>	Breakfast & Morning Meeting					<div>Departure</div> <div></div>
Lesson 1		Team Sports  (e.g. football, tennis, basketball, cricket, badminton, netball, hockey)					
Lesson 2		Team Games  (e.g. dodgeball, obstacle races, relays, bench ball, parachute games)					
Lesson 3		Other Activities  (e.g. swimming,judo, rock climbing, table tennis)					
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					
		Please note: English lessons can take place in the mornings or the afternoons					

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