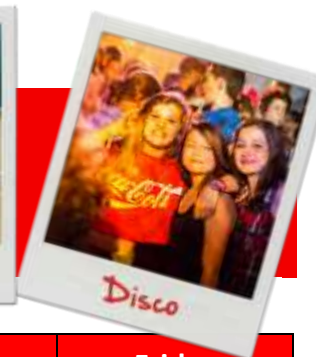




Example Timetable – Week 1

Junior English

Plus Sports



	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
07:30	Arrival Day PowerPoint Presentation Induction and Orientation	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up
07:45 – 08:45		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:00 – 10:30		English test and Information	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson
10:30 – 11:00							
11:00 – 12:30		(High Season Only)	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson
12:30 – 13:45		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
13:45 – 14:30		Half-Day Excursion to Bournemouth	Aeroball	Benchball	Football	Team Building	Jurassic Coastal Walk
14:30 – 15:15			Dodgeball	Hockey	Swimming	Volleyball	
15:15 – 15:30			Break	Break	Break	Break	
15:30 – 16:15			Mini Golf	Team Sports	Relay Games	Tennis	
16:15 – 17:00	Gym Training		Table Tennis		Badminton		
17:30 – 18:30	After School Clubs		After School Clubs	After School Clubs	After School Clubs	After School Clubs	
18:30 – 19:15	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
20:15 – 22:30	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	
22:30	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	

- This timetable is based on students living in the College. Students, living in homestay accommodation are required to be at the College by 08:45 and eat dinner at their homestay
- This course rotates on a weekly basis



Example Timetable – Week 2

Junior English Plus Sports



	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
07:30	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up
07:45 – 08:45	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:00 – 10:30	Full-Day Excursion e.g. London	Full-Day Excursion e.g. Portsmouth	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson
10:30 – 11:00			Break	Break	Break	Break	Break
11:00 – 12:30			English Lesson	English Lesson	English Lesson	English Lesson	English Lesson
12:30 – 13:45			Lunch	Lunch	Lunch	Lunch	Lunch
13:45 – 14:30			Archery	Circuit Training	Tag Rugby	Volleyball	Springball
14:30 – 15:15			Lacrosse	Football	Handball	King Pin	Basketball
15:15 – 15:30			Break	Break	Break	Break	Break
15:30 – 16:15			Table Tennis	Swimming	Beach Games	Short Tennis	Kwik Cricket
16:15 – 17:00			Netball	Billiards		Gym Training	Tchoukball
17:30 – 18:30			After School Clubs	After School Clubs	After School Clubs	After School Clubs	After School Clubs
18:30 – 19:15	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
20:15 – 22:30	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	Evening Activities	
22:30	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	