## **Example Timetable : Junior English Plus Sports (Week 1)**

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 3 weekly basis.

|               | Saturday  | Sunday   | Monday             | Tuesday            | Wednesday          | Thursday           | Friday                   |
|---------------|---|--|--------------------|--------------------|--------------------|--------------------|--------------------------|
| 07:30         | Arrival Day Powerpoint Presentation Induction and Orientation |  | Wake up                  |
| 07:45 - 08:45 |   | Wake up and<br>Breakfast Snack                             | Breakfast          | Breakfast          | Breakfast          | Breakfast          | Breakfast                |
| 09:00 - 10:30 |   | English test<br>and information<br>(high season only)      | English Lesson           |
| 10:30 - 11:00 |   |  | Break              | Break              | Break              | Break              | Break                    |
| 11:00 - 12:30 |   | Brunch   | English Lesson           |
| 12:30 - 13:45 |   | Orientation and Free Time or Supervised on site Activities | Lunch              | Lunch              | Lunch              | Lunch              | Lunch                    |
| 13:45 – 14:30 |   |  | Aeroball           | Benchball          | Football           | Team Building      | Jurassic Coastal<br>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 |   | Welcome<br>Presentation                                    | After School Clubs       |
| 18:30 - 19:15 | Dinner  | Dinner   | Dinner             | Dinner             | Dinner             | Dinner             | Dinner                   |
| 20:15 - 22:30 | Evening Activities  | Evening Activities   | Evening Activities | Evening Activities | Evening Activities | Evening Activities | Evening Activities       |
| 22:30         | Bedtime   | Bedtime  | Bedtime            | Bedtime            | Bedtime            | Bedtime            | Bedtime                  |

## **Example Timetable : Junior English Plus Sports (Week 2)**

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 3 weekly basis.

| Thursday | Friday | 49 |
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|               | Saturday                             | Sunday                                     | Monday             | Tuesday            | Wednesday          | Thursday           | Friday             |
|---------------|--------------------------------------|--|--------------------|--------------------|--------------------|--------------------|--------------------|
| 07:30         | Wake up<br>Breakfast                 |  | Wake up            |
| 07:45 - 08:45 |                                      |  | Breakfast          | Breakfast          | Breakfast          | Breakfast          | Breakfast          |
| 09:00 - 10:30 | Full Day<br>Excursion<br>e.g. London | Wake up                                    | English Lesson     |
| 10:30 - 11:00 |                                      | Brunch                                     | Break              | Break              | Break              | Break              | Break              |
| 11:00 - 12:30 |                                      |  | English Lesson     |
| 12:30 - 13:45 |                                      | Half Day<br>Excursion<br>to<br>Bournemouth | 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 |
| 18:30 - 19:15 | Dinner                               | Dinner                                     | Dinner             | Dinner             | Dinner             | Dinner             | Dinner             |
| 20:15 - 22:30 | Evening Activities                   | Evening Activities                         | Evening Activities | Evening Activities | Evening Activities | Evening Activities | Evening Activities |
| 22:30         | Bedtime                              | Bedtime                                    | Bedtime            | Bedtime            | Bedtime            | Bedtime            | Bedtime            |