

Courses Available

Champions of the future



COURSE FORMAT
Students from all courses share the same Core English lessons, BSS Experience and all recreational activities and cultural excursions.

ENGLISH LEVELS
Champions welcomes students with English levels between A2 Elementary and C1 Advanced.

SPORT LEVEL
Players of all levels are welcome.

SPORTS AVAILABLE
• Tennis



LESSONS
28¾ hours per week:
• Core English
• Focus Sports Science
• Technical Training

The objectives of the lessons are to improve students' receptive and productive language skills and to develop their ability to communicate and operate in the 21st century.

TECHNICAL TRAINING
Technical training consists of 15 hours of coaching per week and enables students to develop their technical skills and abilities and practise advanced match play strategies.

MISSION: INTEGRATION!
This takes place on Sunday evenings and consists of icebreakers and getting-to-know-you activities designed to help new students integrate into school life and meet their peers and staff.



BSS EXPERIENCE
This is our evening entertainment programme that consists of a series of fun challenges, games and social events designed to develop students personal and social skills, self-confidence, and authenticity.

CULTURAL PROGRAMME
Saturday and Sunday excursions allow students to visit places of cultural or historical interest or take part in a recreational activity with their friends.



Technical training enables students to develop their technical skills and abilities in their chosen sport

COURSE OVERVIEW

- Centre: Oundle
- 12-17 years
- 28.75 hours of lessons per week
- English Levels: A2-C1
- Core English
- Focus Sports Science
- Technical Training
- BSS Experience
- True Me

Lessons



CORE ENGLISH

English language lessons are designed to improve students' receptive and productive skills (reading, writing, speaking, listening), extend the scope and range of their vocabulary in both formal and informal contexts and deepen their understanding of grammar to improve spoken and written accuracy.



FOCUS SPORTS SCIENCE

These lessons are designed to develop and expand knowledge and understanding of some key elements that affect playing sport at an advanced level and competing such as:

- Anatomy & Injury Prevention
- English for Competitive Sport
- Match Play Strategies
- Nutrition
- Sport Psychology
- Personal Responsibility
- Resilience

TECHNICAL TRAINING

These lessons enable students to develop their technical skills and abilities and practise advanced match play strategies in their chosen sport:

- Improve physical fitness
- Develop technical skills and abilities
- Enhance footwork and agility
- Improve positioning
- Practise advanced match play strategies
- Strengthen teamwork and communication
- Set personal performance goals and monitor progress



MISSION:
INTEGRATION!

Sunday evenings offer organised ice-breaker activities that allow new and continuing students to meet each other and start to build new friendships.

TIMETABLE
A typical week

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:30	New students	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Departing students
08:00	ARRIVAL DAY	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	DEPARTURE DAY
08:45	Students can arrive at any time, but preferably in the afternoon.	Meeting	Meeting	Meeting	Meeting	Meeting	Departing students should depart in the morning and cannot attend the excursion.
09:00	Continuing students ALL DAY EXCURSION	Core English (1¼ hrs) What does true friendship mean? What attributes does an ideal friend have? How many true friends do you have?	Core English (1¼ hrs) In pairs, make a list of the advantages and disadvantages of playing modern computer games.	Core English (1¼ hrs) What domestic and global social media channels do you use, how often and what for?	Core English (1¼ hrs) In pairs, research some basic facts about BREXIT and present your findings to the class.	Core English (1¼ hrs) Revision Assessment True Me Reflection	Continuing students ALL DAY EXCURSION
10:15	City / Seaside Town Visit	Break	Break	Break	Break	Break	London Walking tour to see some of the famous sites such as 10 Downing Street, Big Ben, Buckingham Palace, Covent Garden, Houses of Parliament, Leicester Square, Oxford Street, Piccadilly Circus, Trafalgar Square. and / or Visit a famous tourist attraction such as Cutty Sark, London Eye, London Transport Museum, Madame Tussaud's, Natural History Museum, Riverboat Cruise, Science Museum or Tower of London.
10:30	Visit a local city or seaside town to explore the town / city, visit local attractions, have a walk along the promenade, go to a café or go shopping.	Focus Sports Science (1½ hrs) Anatomy & Injury Prevention	Focus Sports Science (1½ hrs) Nutrition	Focus Sports Science (1½ hrs) English for Competitive Sport Arrivals Questionnaire	Focus Sports Science (1½ hrs) Sport Psychology	Focus Sports Science (1½ hrs) Self-Analysis, Goal Setting & Performance Monitoring Departures Questionnaire	
12:00		Lunch	Lunch	Lunch	Lunch	Lunch	
13:00		Technical Training (1½ hrs)	Technical Training (1½ hrs)	Technical Training (1½ hrs)	Technical Training (1½ hrs)	Technical Training (1½ hrs)	
14:30		Break	Break	Break	Break	Break	
15:00		Technical Training (1½ hrs)	Technical Training (1½ hrs)	Technical Training (1½ hrs)	Technical Training (1½ hrs)	Technical Training (1½ hrs)	
16:30		Free Time	Free Time	Free Time	Free Time	Free Time	
18:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19:00	BSS Experience (1½ hrs) Mission: Integration! Team games, icebreaker activities and challenges to encourage friendship, having fun and getting to know your setting.	BSS Experience (1½ hrs) House Song/ Dance Work as a team to create a performance. Judges are looking for team participation, originality and creativity.	BSS Experience (1½ hrs) Talent Show Showcase your skills and talent in a fun and safe environment. You will also perform your house performance on this night.	BSS Experience (1½ hrs) Escape Room Work as a team in a live action-adventure game where you and your team will solve puzzles, find clues and complete tasks.	BSS Experience (1½ hrs) Olympic Games Compete in a range of sport competitions. The games are designed to test your skills, teamwork and agility.	BSS Experience (1½ hrs) Let's Celebrate Showcase the projects you have been working on, receive awards and join the disco with friends.	Chill and Chat
20:30	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time
21:00	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting
22:15	Lights Out (12-14yrs)	Lights Out (12-14yrs)	Lights Out (12-14yrs)	Lights Out (12-14yrs)	Lights Out (12-14yrs)	Lights Out (12-14yrs)	Lights Out (12-14yrs)
23:00	Lights Out (15-17yrs)	Lights Out (15-17yrs)	Lights Out (15-17yrs)	Lights Out (15-17yrs)	Lights Out (15-17yrs)	Lights Out (15-17yrs)	Lights Out (15-17yrs)

For illustrative purposes only; actual activities and timings may be different.