

# Sample English Language Skills Plus Horse Riding 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
<b>Mornings</b>		Breakfast & Morning Meeting					
<b>Lesson 1</b>		Health & safety brief Assessment of all riders	Practical stable management and grooming	Theoretical stable management	Care of equipment workshop	Stable management Quiz Warm-up	
<b>Lesson 2</b>		Handy Pony exercises	Warm-up exercises Training posture  Level depending: walking, trotting,	Warm-up Countryside hack	Warm-up Jumping exercises	Show-jumping competition	
<b>Lesson 3</b>		Handy Pony exercises Cool-down	cantering and Jumping (cross poles, 2'6 and 3'3 courses) Cool-down	Countryside hack Cool-down	Handy Pony exercises Cool-down	Gymkhana competition Cool-down Awards	
	 <b>Arrival</b>						<b>Departure</b> 
<b>Afternoons</b>		Lunch, Afternoon Meeting & Free Time					
<b>Lesson 1</b>		English assessment & tour of centre	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	
<b>Lesson 2</b>		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)	
<b>Lesson 3</b>		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

**LEADING UK SUMMER SCHOOLS FOR ENGLISH LANGUAGE PLUS SPORT, MUSIC & DANCE**

PREMIER RESIDENTIAL COURSES FOR INTERNATIONAL STUDENTS AGED 9-17