



Sample English Language Skills Plus Rugby 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		Breakfast & Morning Meeting					
Lesson 1		Warm-up Rugby assessment	Warm-up Catching & handling drills	Warm-up Ball presentation	Warm-up Decision-making	Warm-up "Sevens" drills	
Lesson 2		Short & long passing drills	Body positioning Kicking drills	Scrum drills Backs moves	Tackling & safety (age dependent)	Sevens tournament	
Lesson 3	 Arrival	Conditioning drills Cool-down	Agility drills Cool-down	Positional drills Cool-down	Defending drills Cool-down	Tournament Cool-down Awards	Departure 
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

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

PREMIER RESIDENTIAL COURSES FOR INTERNATIONAL STUDENTS AGED 9-17