



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	Wake up	Wake up	Wake up	Wake up
07:45 - 08:45		Wake up and Breakfast Snack	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:00 - 10:30		English test and information (high season only)	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson
10:30 - 11:00			Break	Break	Break	Break	Break
11:00 - 12:30		Brunch	English Lesson	English Lesson	English Lesson	English Lesson	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 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 Presentation	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	



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.



	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
07:30	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	Full Day Excursion e.g. London	Wake up	English Lesson	English Lesson	English Lesson	English Lesson	English Lesson
10:30 - 11:00		Brunch	Break	Break	Break	Break	Break
11:00 - 12:30			English Lesson	English Lesson	English Lesson	English Lesson	English Lesson
12:30 - 13:45		Half Day Excursion to 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	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	