

# Sample English Language Skills Plus Tennis 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>	 <p><b>Arrival</b></p>	Breakfast & Morning Meeting					<p><b>Departure</b></p> 
<b>Lesson 1</b>		Warm-up Tennis assessment	Warm-up Forehand fundamentals	Warm-up Backhand fundamentals	Warm-up Serve fundamentals	Warm-up Volley & smash fundamentals	
<b>Lesson 2</b>		Group placement Getting to know Players	Patterns of play	Patterns of play	Serve Tactics Point play	Volley & smash Approach play	
<b>Lesson 3</b>		Core skills Warm-down	Practice - match play Warm-down	Practice - doubles / singles Warm-down	Serve & return drills Warm-down	Tournament Warm-down Awards	
<b>Afternoons</b>		Lunch, Afternoon Meeting & Free Time					
<b>Lesson 1</b>		English assessment & tour of centre	Grammar & Vocabulary (Core English)				
<b>Lesson 2</b>		Grammar & Vocabulary (Core English)	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