

DICKER PRO TENNIS DAY COURSE - TYPICAL WEEK

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------|---|---|---|---|--|
| 08.30 | Parental Drop Off | | | | |
| 09.00 | ENGLISH SKILLS 1 Changing Climates Great Learners and Great Thinkers: Plastic and the Environment. Video Analysis: The plastic sea. | ENGLISH SKILLS 2 The Environment Vocabulary in Context: Geographical Features. Reach Higher: Extended practice. | ENGLISH SKILLS 2 Grammar 1 Grammar in Context: Will, be going to and present continuous for future. Flipped classroom video. Will, May, Might: Grammar extension. | ENGLISH SKILLS 2 Grammar 2 Grammar in Context: Zero conditional, first conditional. Reach Higher: Taking turns. | ENGLISH SKILLS 2 Check it Revision of the weekly course content. Grammar reference and Vocabulary practice. |
| 10.00 | Break | | | | |
| 10.15 | ENGLISH SKILLS 2 An opinion essay Developing Writing Skills: Spending Time Outdoors. | ENGLISH SKILLS 2 An article Reading Comprehension: Understanding Climate Change. | ENGLISH SKILLS 2 Developing vocabulary Different uses of get. Listening Comprehension: Plogging – an ecology podcast. Critical Thinking: What other small actions like plogging can protect the environment? | ENGLISH SKILLS 2 Developing speaking Making Arrangements: A role play Useful expressions for making arrangements. | ENGLISH SKILLS 2 Progress Test. |
| 11.15 | Break | | | | |
| 11.30 | ENRICHMENT Thorpe Park excursion reflections Vocabulary: Different types of rides Reading Comprehension: A day in Thorpe Park | ENRICHMENT Arundel Castle excursion preparation: Arundel Castle – map and leaflet. Introduction Video (authentic material). Group discussion on the history of kingdoms. | EXCURSION Arundel Castle Students will visit one of the greatest castles of England. Built by William the Conqueror's cousin, it has some of the most beautiful gardens in England and a history dating back to the 11th century. | ENRICHMENT Arundel Castle excursion reflections: realia in the classroom. | ENRICHMENT London excursion preparation: Kahoot Quiz and Video on The London Eye Experience. London Skyline Activity. |
| 12.30 | Lunch | | | Lunch | |
| 13.30 | STRENGTH & CONDITIONING Students will build explosive power, agility and endurance through tailored workouts designed to enhance on-court performance and reduce injury risk. | TECHNICAL TRAINING Students will hone essential skills such as serving, volleying, and footwork through targeted drills and expert feedback to elevate player's overall game performance. | | TACTICAL TRAINING Players will be equipped with strategic insights and decision-making skills, enabling them to outsmart opponents and adapt their game plans during matches. | MATCH PLAY Students will engage in competitive matches, focussing on implementing tactics and building confidence under pressure in a supportive environment. |
| 15.00 | Break/Student Meeting | | | Break/Student Meeting | |
| 15.30 | TECHNICAL TRAINING Students will hone essential skills such as serving, volleying, and footwork through targeted drills and expert feedback to elevate player's overall game performance. | TACTICAL TRAINING Players will be equipped with strategic insights and decision-making skills, enabling them to outsmart opponents and adapt their game plans during matches. | | MENTAL RESILIENCE WORKSHOP Students will discover strategies to enhance focus, manage pressure, and bounce back from setbacks, fostering a strong, competitive mindset. | IN HOUSE TENNIS COMPETITION Students will take part in competitions with external players to showcase their skills, build camaraderie and gain valuable match experience against local highly-ranked tennis players. |
| 17.00 | Parental Pick Up | | | Parental Pick Up | |
| | | 18.00 | Parental Pick Up | | |

This is an example timetable for illustrative purposes only.