

DICKER PRO TENNIS - TYPICAL WEEK

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
07.30	Wake Up								
08.00	Breakfast								
08.45	Student Meeting								
09.00	ARRIVAL DAY Students can arrive anytime, but we recommend they arrive between 9am and 6pm. EXCURSION Students can enjoy an exciting and thrilling day out at Thorpe Park , a theme park with a variety of intense rides and attractions. The park is home to some of Europe's most famous rollercoasters and offers plenty of other activities, making it a perfect destination for a day trip. Whether you're a fan of heart-pounding drops or prefer a more laid-back water ride, there's something for everyone to enjoy.	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.	DEPARTURE DAY AND LONDON EXCURSION On Departure Day, students will leave the centre, ideally in the morning. Students departing today will not be able to join the London excursion. EXCURSION For those staying, the London excursion will feature a visit to the London Eye . Students will get to ride one of the world's most famous observation wheels, offering a unique perspective and stunning panoramic views of London's skyline. They will be able to spot key landmarks like the Houses of Parliament, Buckingham Palace, and the River Thames from above.		
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		Free Time/Phone Time			Free Time/Phone Time				
18.00	19.00 Dinner	Dinner				19.00 Dinner			
19.00	19.45 Evening Registration	Evening Registration				19.45 Evening Registration			
19.15	20.00 SOCIAL EVENTS Welcome Games and Activities.	SOCIAL EVENTS Karaoke Night or Soft Ball Sports (Handball, Benchball, Dodgeball, etc.)	SOCIAL EVENTS Pool Party or Trivia Night.	SOCIAL EVENTS "Amazing Race" Scavenger Hunt.	SOCIAL EVENTS Campus-Wide Art Jam	SOCIAL EVENTS Leavers' Ceremony followed by Disco	20.00 SOCIAL EVENTS Mini Olympics.		
21.15	House Meeting & Free Time								
22.30	Bedtime								

This is an example timetable for illustrative purposes only.