



# Sample Junior Programme

## SUM 3: English Plus Tennis



### SUM 3 English Plus Tennis Programme

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09.00-10.00	Level Test	<b>English Lesson:</b> Grammar and Use of English	<b>English Lesson:</b> Grammar and Use of English	<b>English Lesson:</b> Grammar and Use of English	<b>English Lesson:</b> Grammar and Use of English	<b>Day Trip:</b> Malahide Castle and Howth	<b>Day Trip:</b> Free Day
10.00-10.15	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>		
10.15-11.15	Orientation	<b>English Lesson:</b> Reading Skills and Vocabulary Building	<b>English Lesson:</b> Reading Skills and Vocabulary Building	<b>English Lesson:</b> Reading Skills and Vocabulary Building	<b>English Lesson:</b> Reading Skills and Vocabulary Building		
11.15-11.30	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>		
11.30-12.30	<b>English Lesson:</b> Listening and Fluency Skills	<b>English Lesson:</b> Listening and Fluency Skills	<b>English Lesson:</b> Listening and Fluency Skills	<b>English Lesson:</b> Listening and Fluency Skills	<b>English Lesson:</b> Listening and Fluency Skills		
12.30-13.30	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>		
<b>Afternoon</b>	Multi-Activity Tennis Training Programme*	Multi-Activity Tennis Training Programme*	Multi-Activity Tennis Training Programme*	Multi-Activity Tennis Training Programme*	Multi-Activity Tennis Training Programme*		
<b>Evening</b>		<b>Table Quiz</b>		<b>Bowling</b>			

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09.00-10.00	Level Test	<b>English Lesson:</b> Grammar and Use of English	<b>English Lesson:</b> Grammar and Use of English	<b>English Lesson:</b> Grammar and Use of English	<b>English Lesson:</b> Grammar and Use of English	<b>Day Trip:</b> Kilkenny Castle and Dunmore Caves	Departure
10.00-10.15	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>		
10.15-11.15	<b>English Lesson:</b> Reading Skills and Vocabulary Building	<b>English Lesson:</b> Reading Skills and Vocabulary Building	<b>English Lesson:</b> Reading Skills and Vocabulary Building	<b>English Lesson:</b> Reading Skills and Vocabulary Building	<b>English Lesson:</b> Reading Skills and Vocabulary Building		
11.15-11.30	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>		
11.30-12.30	<b>English Lesson:</b> Listening and Fluency Skills	<b>English Lesson:</b> Listening and Fluency Skills	<b>English Lesson:</b> Listening and Fluency Skills	<b>English Lesson:</b> Listening and Fluency Skills	<b>English Lesson:</b> Listening and Fluency Skills		
12.30-13.30	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>		
<b>Afternoon</b>	Multi-Activity Tennis Training Programme*	Multi-Activity Tennis Training Programme*	Multi-Activity Tennis Training Programme*	Multi-Activity Tennis Training Programme*	Multi-Activity Tennis Training Programme*		
<b>Evening</b>		<b>Karaoke</b>		<b>African Drumming</b>			

For Tennis Camp students staying in residence there will be a full evening activity programme included.\*Multi-activity Tennis Training includes: basic shots (forehand, backhand, serve, volley and smash) all the way through to matchplay, tactics, physical and mental preparation.