





exsportise

SUMMER SCHOOLS

SAMPLE 2 WEEK COURSE:

English + Horse Riding

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
07:30	Wake Up																	
08:00	Breakfast																	
09:00	Morning Meeting																	
09:15-10:15	Arrival 	Placement Testing	Functional Language	Functional Language	Functional Language	Functional Language	Theme Park 	City visit 	Functional Language	Functional Language	Functional Language	Functional Language	Functional Language	Departure 				
10:30-11:30		Skills Development	Skills Development	Skills Development	Skills Development	Skills Development			Skills Development	Skills Development	Skills Development	Skills Development						
11:45-12:45		Projects 21st Century Skills	Projects 21st Century Skills	Projects 21st Century Skills	Projects 21st Century Skills	Progress Test			Projects 21st Century Skills	Projects 21st Century Skills	Projects 21st Century Skills	Projects 21st Century Skills	Progress Test					
13:00		Lunch							Lunch									
14:00		Afternoon Meeting							Afternoon Meeting									
14:15-15:15		Health & safety brief Assessment of all riders Warm-up Riding assessment of all riders Handy Pony exercises Cool-down	Practical stable management and grooming Warm-up exercises Training posture Depending on levels: Walking, trotting, cantering and jumping (cross poles, 2'6 and 3'3 courses) Cool - down	Theoretical stable management Warm-up Countryside hack	Care of equipment workshop Warm-up Jumping exercises Handy Pony exercises	Stable management Quiz Warm-up Show-jumping competition Gymkhana competition Cool-down, Awards			Health & safety brief Assessment of all riders Warm-up Riding assessment of all riders Handy Pony exercises Cool-down	Practical stable management and grooming Warm-up exercises Training posture Depending on levels: Walking, trotting, cantering and jumping (cross poles, 2'6 and 3'3 courses) Cool - down	Theoretical stable management Warm-up Countryside hack	Care of equipment workshop Warm-up Jumping exercises Handy Pony exercises	Stable management Quiz Warm-up Show-jumping competition Gymkhana competition Cool-down, Awards					
15:30-16:30																		
16:45-17:45																		
18:00		Dinner																
19:30		Evening Meeting																
19:30-21:30	Welcome Evening (Icebreakers)	Social Challenge (Group Identity games)	Mental Challenge (Escape Game)	Physical Challenge (Olympic Games)	Fun Challenge (Talent Show)	Celebration (Disco Night)	Relaxation (Small games & Movie)	Welcome Evening (Icebreakers)	Social Challenge (Create a country)	Mental Challenge (Orienteering & Discovery)	Physical Challenge (Carlo ball tournament)	Fun Challenge (Treasure hunt)	Celebration (Festival Night)					
21:30-22:30	Bedtime (depending on age)																	
21:30-23:00	Lights Out (Depending on age)																	

***2 WEEK STUDENTS WILL RECEIVE FURTHER ATTENTION TO DETAIL IN THEIR SECOND WEEK WITH MORE VARIED DRILLS ACCORDING TO ABILITY
PLEASE NOTE ALL SESSIONS ARE EXAMPLES AND ARE SUBJECT TO CHANGE EACH WEEK. ENGLISH CAN TAKE PLACE IN EITHER THE MORNING OR AFTERNOON**