





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	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		Warm-up Rugby assessment Short & long passing drills Conditioning drills Cool-down	Warm-up Catching & handling drills Body positioning Kicking drills Agility drills	Warm-up Ball presentation Scrum drills Backs moves Positional drills Cool-down	Warm-up Decision-making Tackling & safety (age dependent) Defending drills Cool-down	Warm-up "Sevens" drills Sevens tournament Tournament Cool-down Awards	Warm-up Rugby assessment Short & long passing drills Conditioning drills Cool-down	Warm-up Catching & handling drills Body positioning Kicking drills Agility drills	Warm-up Ball presentation Scrum drills Backs moves Positional drills Cool-down	Warm-up Decision-making Tackling & safety (age dependent) Defending drills Cool-down	Warm-up "Sevens" drills Sevens tournament Tournament 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