

# A Typical Day

## MON-FRI



### 07.15 WAKE UP + BREAKFAST

Students will be woken up by the house parents, who will ensure they are ready for the busy day ahead. Students will then be able to select from our wide range of breakfast choices. Staff will be available to help those in need or who have any special requirements.

### 08.30 STUDENT MEETING

A morning register will be taken and a meeting held for students to understand the plan for the day. This is a perfect chance for pupils to ask any questions or raise any concerns.



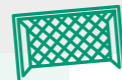
### 08.45 ENGLISH SKILLS

**Grammar:** Present Perfect and Past Simple, linking words, prepositions.  
**Vocabulary:** Sports, countries, geographical features.  
**Class Survey:** Extreme sports.

### 10.00 BREAK + SNACK

Students get the opportunity to grab a snack, socialise or simply rest before they continue with lessons.

### 10.15 ENGLISH SKILLS (CONTINUED)



### 11.30 BREAK

Time for the students to relax and socialise with their friends and take in the beautiful location surroundings.

### 12.00 TECHNICAL TRAINING

**Defending theme:** 4v4s with individual focus, ball mastery and body positioning.

**Goalkeeper training:** Distribution, kicking technique, control.

### 12.45 LUNCH

Our Dicker centre offers a mixture of modern and traditional dining areas for students to enjoy a lunch prepared by the award winning Holroyd Howe. Staff will be on hand to help pupils understand all the options available.

### 13.30 TECHNICAL TRAINING

**Defending theme:** Small-sided games with an emphasis on defending 1v1 and overload scenarios.



### 15.30 BREAK

Players can have a short rest before using this time to get ready for the final football session of the day.

### 15.45 INJURY PREVENTION WORKSHOP

Useful tips on how to prevent common football injuries through stretching, rolling and selecting the correct footwear.

### 17.30 FREE TIME

After a busy day of lessons and football training, players get time to themselves in a supervised setting. This can be a good opportunity for them to call home, play games or rest before dinner and the evening social events.

### 18.00 DINNER

Students can choose from a specially designed nutritious dinner menu designed by Holroyd Howe. Summer School Staff will be on hand to help students understand the options available to them and make sure they are eating a balanced diet.

### 19.00 STUDENT MEETING

Before the evening activities take place staff will take the register and the Activities Manager will give a short meeting to let the students know the plan for the evening.

### 19.15 SOCIAL EVENTS

A great way for players to further socialise together and also rejoin students from the English Plus course in the evening is through the social evening activities. This could be a treasure hunt, disco, messy games or something the students have chosen.



### 21.00 FREE TIME + SNACK

Under supervision, students have time to socialise within the larger summer school community. This is a great opportunity for all nationalities around the world to interact naturally.

### 21.45 HOUSE TIME

Time for students to settle down in the boarding house and start to relax after a busy day. Students will be able to enjoy time with their friends or simply just relax in the boarding house. House Parents will sit with students and get their feedback from the day through student voice or just a general chat.

### 22.30 BEDTIME

At the end of a full day, students can get some much needed rest.

## EXCURSION DAYS

### WEDNESDAYS

Students will break their regular weekday routine and leave off campus to enjoy a half day trip to take a tour of Premier League Brighton & Hove Albion's Amex stadium or practice their technique in a fun game of FootGolf with other players.

### WEEKENDS

After breakfast on both Saturday and Sundays will see Bede's Summer students embark on full day excursions. Guided by trained Activity Leaders, players will explore and enjoy cities such as London, Brighton or Windsor or to take in some of the best attractions England has to offer such as Buckingham Palace, Shakespeare's Globe Theatre or London Zoo and return in time for dinner.

