

CEFR A1-C2



**Facilities and coaching staff that are second to none!**



**Rupert**

**Dusemond Sports Programmes** build 20 hours of dedicated coaching and focus sessions into the summer programme, allowing students to specialise whilst taking part in centre classes and activities.

Professional sports coaches run these sessions, focusing not only on physical and technical improvement, but also encouraging sporting values.



**Dusemond Sports Programmes are run in Uppingham School as an extension of the Summer Programme.**

Our programmes aim to develop **Sportsmanship** values, where students are encouraged to:

**Be Ready**

Prepare your body in the right way with stretching & diet!

**Be Confident**

Self belief & positive psychology are a huge part of success.

**Be Composed**

Experienced sports professionals don't lose their heads!

**Work as a team**

There's wider life value in comradery and supporting others

**Be Creative**

Individual brilliance comes from thinking outside the box!

**Be First**

We want our students to leave with a winning mentality.

**Summer Programme with Tennis**

The students who choose a tennis focus will receive 20 hours of coaching by coaching professionals, through a combination of training exercises, sports theory, sportsmanship development (as above) and matchplay. Uppingham has a range of outdoor and indoor Tennis courts as part of it's suite of top class sporting facilities.

**Summer Programme with Football**

The students who choose a football focus will receive 20 hours of coaching by coaching professionals, through a combination of training exercises, sports theory, sportsmanship development (as above) and matchplay. Uppingham has a range of astroturf football pitches as part of it's suite of top class sporting facilities.

**Summer Programme with Dance**

The students who choose a dance focus will receive 20 hours of coaching by coaching professionals. Through a combination of dance styles, the students will develop their fitness levels, technique and strength, as well as performance skills. The culmination of this programme is a dance performance as part of the Closing Ceremony.



**Group: TBC**

Dusemond Sports Programme

Dates: Turn 1 - July 2nd to August 13th



Thu-Jul 2	Arrivals, orientation and settling in.		
	Morning (09:00 - 12:30)	Afternoon (14:00 - 18:00)	Evening (20:00 - 22:00)
Fri-Jul 3	<b>Welcome Ceremony!</b> with testing and induction	<b>Silly Sports Day</b>	<b>Disco!</b> Welcome Party
Sat-Jul 4	<b>Lessons</b> meet your class & get started	<b>Lesson :</b> Lincoln	<b>Sport Activity :</b> Tennis, Football, Dance
Sun-Jul 5	<b>Lincoln</b> With walking tour and Castle entrance		<b>House Event</b> Movies, Games, House night
Mon-Jul 6	<b>Lessons</b>	<b>Lesson :</b> The Haka	<b>Sport Activity :</b> Tennis, Football, Dance
Tue-Jul 7	<b>Lessons</b>	<b>Lesson :</b> Industrial Revolution	<b>Sport Activity :</b> Tennis, Football, Dance
Wed-Jul 8	<b>Sheffield</b> With walking tour and entrance to Kelham Island Museum		<b>Disco!</b> International Mix and Match!
Thu-Jul 9	<b>Lessons</b>	<b>Sport Activity :</b> Tennis, Football, Dance	<b>Sport Activity :</b> Tennis, Football, Dance
Fri-Jul 10	<b>Lessons</b>	<b>Lesson :</b> Robin Hood	<b>Sport Activity :</b> Tennis, Football, Dance
Sat-Jul 11	<b>Nottingham and Leicester</b> With walking tour and entrance to National Space Centre		<b>House Event</b> Movies, Games, House night
Sun-Jul 12	<b>Lessons</b>	<b>Lesson :</b> London	<b>Sport Activity :</b> Tennis, Football, Dance
Mon-Jul 13	<b>Lessons</b>	<b>Lesson :</b> Cambridge	<b>Sport Activity :</b> Tennis, Football, Dance
Tue-Jul 14	<b>London - Extended</b> With walking tour and Shard + Rivercruise or London Eye		
Wed-Jul 15	<b>Cambridge</b> With walking tour and entrance to Cambridge College		<b>Farewell Disco</b> Last dance & shirt signing!
Thu-Jul 16	Departure Day		

Get set for an amazing experience with Dusemond Study Programmes!

**info:**

**Lessons** ●

**Teachers** teach English classes according to the programme and learning objectives set by the Director of Studies. Primarily general English in the mornings and location-based excursion lessons in the afternoons.

**Activities** ● ● ● ●

**Qualified Coaches** hold special sessions in "Sport Activity" parts of the programme.

**Activity Leaders** run engaging activities and tours, as well as supporting the Teachers with afternoon Excursion lessons.

**Excursions** ●

Led by **Activity Leaders**. An exciting programme of cultural visits and fun away days with coaches picking up form & returning to the school.