



Elective: British Sports

Overview

Students will learn how to play and improve their existing skills in a variety of traditional (and not so traditional!) British sports. This is a great option for students that want to have fun trying a variety of different sports and learn something about British culture too. They can try out sports that are played in the UK and may be new to many students from abroad such as rugby, netball, rounders and cricket and they can also play famous British favourites such as football and lawn tennis. Each session is carefully planned with warm-ups, skills development and practise games.

Learning Outcomes

Students will:

- have learned how to play some new sports.
- be able to demonstrate the basic rules of each sport.
- have developed their ability to work as part of team.
- have learned something about the history and culture of each sport.

Language Outcomes:

- students will have learned specialist vocabulary related to each sport.
- learn phrases to communicate with teammates during play.
- students will be able to describe basic rules of each sport.

Sample Content

SESSION 1	SESSION 3
<p>Indoor hockey</p> <ul style="list-style-type: none">• Warm-up: shuttle runs• Shooting drills• One on one practice• Passing drill• 5 vs 5 game and mini tournament <p>Warm down and review</p>	<p>Netball</p> <ul style="list-style-type: none">• Warm-up: bench ball game• Rules of netball• Passing and pivoting practice• Shooting drills• Practice game <p>Warm down and review</p>
SESSION 2	SESSION 4
<p>Quick cricket</p> <ul style="list-style-type: none">• Warm up: 'quick catch' game• Introduction to the basic rules of cricket• Bowling and catching drill• Batting practice• Game of quick cricket <p>Warm down and review</p>	<p>Tag rugby</p> <ul style="list-style-type: none">• Warm-up: bull dog game• Passing drills• Running and tackling practice• 4 vs 1 drill game• Practice game <p>Warm down and review</p>



FAQs

Do students need any special equipment?

No, all equipment is provided. Students need loose fitting, comfortable clothes suitable for sports. Student must wear closed toed shoes or trainers. No flip-flops or sandals are permitted whilst doing sports.

What facilities will the students be using?

The Leys school has superb sports facilities including sports fields, artificial grass pitches, an indoor sports hall, artificial and grass surface tennis courts.

Can students play full contact rugby?

No, we teach and play 'tag rugby' where you tackle by touching the opposing players. This is for the safety of students and allows students of different sizes and abilities to participate together.

HOURS BREAKDOWN PER 2 WEEK COURSE	
TUITION HOURS	PROGRAMME CONTENT
English Tuition: 30 hours	Project work in the classroom (student learn through doing a project with a specific outcome such as a magazine, short film or performance)
Electives Tuition: 18 hours	Chosen elective . Students choose 3 electives per course. Language learning is integrated into all these activities. Students each receive a handbook containing instructions, tips, activities and language tasks.
TOTAL: 48	
ACTIVITY HOURS	
Evening Events: 20 hours	Evening events . The students usually come together as a group for the evening programme. Students participate in range of creative games, contests and shows which encourage team work, cooperation and above all communication in English.
Free Activity Time: 6 hours	Activity time These sessions are more relaxed with the focus on fun, making friends and relaxation. Activities can be sports, arts and crafts or whole group activities such as a Country Fair or a Sports Tournament.
TOTAL: 26	
STUDY TOURS	
Study Tours: 3 days (9am-6pm)	Study Tours : Every student attends 3 full day study tours over a two week course. Students are prepared for study tours in class and the trips are integrated into the academic programme. Every student will visit London at least once during their stay. Other popular destinations include: Oxford, Warwick Castle, Greenwich, Cambridge and Brighton.