



# STEP-UP ENGLISH LANGUAGE + ARSENAL FOOTBALL

## STRONG YOUNG GUNNERS SAMPLE WEEK

|               | SUNDAY                                                                                                                                                                                                                                                                                                                                                                                                                                    | MONDAY                                                  | TUESDAY                                                    | WEDNESDAY                                               | THURSDAY                                                   | FRIDAY                                                  | SATURDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|------------------------------------------------------------|---------------------------------------------------------|------------------------------------------------------------|---------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 07:30         | Wake up                                                                                                                                                                                                                                                                                                                                                                                                                                   | Wake up                                                 | Wake up                                                    | Wake up                                                 | Wake up                                                    | Wake up                                                 | Wake up                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 08:00         | Breakfast                                                                                                                                                                                                                                                                                                                                                                                                                                 | Breakfast                                               | Breakfast                                                  | Breakfast                                               | Breakfast                                                  | Breakfast                                               | Breakfast                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| 09:00         | Meeting                                                                                                                                                                                                                                                                                                                                                                                                                                   | Meeting                                                 | Meeting                                                    | Meeting                                                 | Meeting                                                    | Meeting                                                 | Meeting                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|               |                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                         |                                                            |                                                         |                                                            |                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 09:15         | <div>New students</div> <div>ARRIVAL DAY</div> <div>Students can arrive between 09:00 and 17:00, but preferably in the afternoon as there are no planned activities.</div> <div>Continuing students</div> <div>ALL DAY EXCURSION</div> <div>London Walking tour to see some of the famous sites such as Big Ben, Houses of Parliament, Buckingham Palace, Leicester Square, Piccadilly Circus, Trafalgar Square, and Covent Garden.</div> | Functional Language and Exploration Question            |                                                            |                                                         |                                                            |                                                         | <div>Departing students</div> <div>DEPARTURE DAY</div> <div>Students can depart between 09:00 and 17:00, but preferably in the morning as they do not attend the excursion.</div> <div>Continuing students</div> <div>ALL DAY EXCURSION</div> <div>Emirates Stadium visit and Workshop. Players will learn more about the home of Arsenal FC with an unique guided tour, visit the museum and armoury store. Our campers will also attend an exclusive workshop at the stadium.</div> |
|               |                                                                                                                                                                                                                                                                                                                                                                                                                                           | Future Ready Mindset                                    | Human Insights & Leadership                                | Strategic Communication                                 | Global Change: Sustainability & Innovation                 | Digital Transformation                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 10:05 (Break) |                                                                                                                                                                                                                                                                                                                                                                                                                                           | Learning and Innovation                                 |                                                            |                                                         |                                                            |                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 10:15         |                                                                                                                                                                                                                                                                                                                                                                                                                                           | Explore entrepreneurial success and reliability.        | Analyse an inspiring speech and write your own.            | Construct evidence-based persuasive arguments.          | Examine different stakeholders in global change.           | Research future technologies and formulate predictions. |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 11:05 (Break) |                                                                                                                                                                                                                                                                                                                                                                                                                                           | Ideas in Action                                         |                                                            |                                                         |                                                            |                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 11:15         |                                                                                                                                                                                                                                                                                                                                                                                                                                           | Conversation Workshop with a focus on active listening. | Public Speaking Workshop with a focus on social influence. | Topical Debate with a focus on strategic communication. | Team Presentation & written article with focus on systems. | Business Exposition (Pitch) showcasing a future vision. |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 12:05 (Break) |                                                                                                                                                                                                                                                                                                                                                                                                                                           | Applied Skills: Reflection and Conclusions              |                                                            |                                                         |                                                            |                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 12:15         |                                                                                                                                                                                                                                                                                                                                                                                                                                           | Spectrum of understanding.                              | Peer-correction.                                           | Highlighting key factors.                               | Question-led summation.                                    | Open-feedback.                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|               |                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                         |                                                            |                                                         |                                                            |                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 12:45         |                                                                                                                                                                                                                                                                                                                                                                                                                                           | Lunch                                                   | Lunch                                                      | Lunch                                                   | Lunch                                                      | Lunch                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 14:00         |                                                                                                                                                                                                                                                                                                                                                                                                                                           | Meeting                                                 | Meeting                                                    | Meeting                                                 | Meeting                                                    | Meeting                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|               |                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                         |                                                            |                                                         |                                                            |                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 14:15         |                                                                                                                                                                                                                                                                                                                                                                                                                                           | Efficient Mover: Warm up, Fitness & Agility             |                                                            |                                                         |                                                            |                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 14:30         |                                                                                                                                                                                                                                                                                                                                                                                                                                           | Champion Mentality: Technical Training (Skills)         |                                                            |                                                         |                                                            |                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|               | Ball mastery & Dribbling.                                                                                                                                                                                                                                                                                                                                                                                                                 | Passing and Receiving.                                  | Counter Pressing and Counter Attacking.                    | Shooting, finishing and ball striking.                  | Strong Young Gunners skills test.                          |                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 15:30         | Effective Team Player: Tactical Training                                                                                                                                                                                                                                                                                                                                                                                                  |                                                         |                                                            |                                                         |                                                            |                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|               | Dominating lvl's in & out of possession.                                                                                                                                                                                                                                                                                                                                                                                                  | Possession Principles on and off the ball.              | Effective Transitioning.                                   | Finishing the attack and decision-making.               | Conditioned games and scenarios.                           |                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 16:30         | Conditioned Match Play                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                         |                                                            |                                                         |                                                            | Tournament                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 17:15         | Life Long Learner: Active Recovery & Performance Review                                                                                                                                                                                                                                                                                                                                                                                   |                                                         |                                                            |                                                         |                                                            |                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|               |                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                         |                                                            |                                                         |                                                            |                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 17:45         | Dinner                                                                                                                                                                                                                                                                                                                                                                                                                                    | Dinner                                                  | Dinner                                                     | Dinner                                                  | Dinner                                                     | Dinner                                                  | Dinner                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| 19:15         | Welcome Event                                                                                                                                                                                                                                                                                                                                                                                                                             | Meeting                                                 | Meeting                                                    | Meeting                                                 | Meeting                                                    | Meeting                                                 | Meeting                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 19:30         | Entertainment: House Party                                                                                                                                                                                                                                                                                                                                                                                                                | Entertainment: Icebreakers                              | Entertainment: Bramball                                    | Entertainment: Choice Evening                           | Entertainment: Race Night                                  | Entertainment: Awards Festival                          | Entertainment: Relaxed Games                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 21:30         | House Meeting                                                                                                                                                                                                                                                                                                                                                                                                                             | House Meeting                                           | House Meeting                                              | House Meeting                                           | House Meeting                                              | House Meeting                                           | House Meeting                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| From 22:00    | Lights out                                                                                                                                                                                                                                                                                                                                                                                                                                | Lights out                                              | Lights out                                                 | Lights out                                              | Lights out                                                 | Lights out                                              | Lights out                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |



# FOUNDATION ENGLISH LANGUAGE + ARSENAL FOOTBALL

## STRONG YOUNG GUNNERS SAMPLE WEEK

|               | SUNDAY                                                                                                                                                                                                       | MONDAY                                                                     | TUESDAY                                                                                 | WEDNESDAY                                                                          | THURSDAY                                                                                  | FRIDAY                                                                                    | SATURDAY                                                                                                                                                                                                                                          |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 07:30         | Wake up                                                                                                                                                                                                      | Wake up                                                                    | Wake up                                                                                 | Wake up                                                                            | Wake up                                                                                   | Wake up                                                                                   | Wake up                                                                                                                                                                                                                                           |
| 08:00         | Breakfast                                                                                                                                                                                                    | Breakfast                                                                  | Breakfast                                                                               | Breakfast                                                                          | Breakfast                                                                                 | Breakfast                                                                                 | Breakfast                                                                                                                                                                                                                                         |
| 09:00         | Meeting                                                                                                                                                                                                      | Meeting                                                                    | Meeting                                                                                 | Meeting                                                                            | Meeting                                                                                   | Meeting                                                                                   | Meeting                                                                                                                                                                                                                                           |
|               |                                                                                                                                                                                                              |                                                                            |                                                                                         |                                                                                    |                                                                                           |                                                                                           |                                                                                                                                                                                                                                                   |
| 09:15         | New students                                                                                                                                                                                                 | Functional Language: Language in Context                                   |                                                                                         |                                                                                    |                                                                                           |                                                                                           | Departing students                                                                                                                                                                                                                                |
|               | ARRIVAL DAY<br>Students can arrive between 09:00 and 17:00, but preferably in the afternoon as there are no planned activities.                                                                              | Exploring the Camp                                                         | Talking About the Past                                                                  | Living in the City: First Impressions                                              | Getting Started with Music                                                                | Navigating the City                                                                       | DEPARTURE DAY<br>Students can depart between 09:00 and 17:00, but preferably in the morning as they do not attend the excursion.                                                                                                                  |
| 10:05 (Break) |                                                                                                                                                                                                              | Real-life Communication through Skills-driven Learning                     |                                                                                         |                                                                                    |                                                                                           |                                                                                           |                                                                                                                                                                                                                                                   |
| 10:15         |                                                                                                                                                                                                              | Hobbies and Interests - focusing on active listening and opinion exchange. | Present Simple and Continuous: Daily Life - expressing routines and current activities. | Vocabulary Boost: Extreme Adjectives - enhancing expressive conversations.         | Predicting the Future of Music - discussing personal preferences and developing opinions. | Video Diary: A Day in the Life - using descriptive storytelling and communication skills. |                                                                                                                                                                                                                                                   |
| 11:05 (Break) |                                                                                                                                                                                                              | Ideas in Action (Collaborative Projects)                                   |                                                                                         |                                                                                    |                                                                                           |                                                                                           |                                                                                                                                                                                                                                                   |
| 11:15         |                                                                                                                                                                                                              | Continuing students                                                        | Tech-Free Zones and Personal Choices - reflecting on use and routines.                  | Favourite Things - Using comparisons and explaining reasons of likes and dislikes. | City vs Country - developing analytical thinking.                                         | Technology and Music - discussing future tech and impact on society.                      | Reflection and Language Awareness - noticing effective language choices.                                                                                                                                                                          |
|               | ALL DAY EXCURSION<br>London Walking tour to see some of the famous sites such as Big Ben, Houses of Parliament, Buckingham Palace, Leicester Square, Piccadilly Circus, Trafalgar Square, and Covent Garden. | Language Cup: Language in Action                                           |                                                                                         |                                                                                    |                                                                                           |                                                                                           | ALL DAY EXCURSION<br>Emirates Stadium visit and Workshop. Players will learn more about the home of Arsenal FC with an unique guided tour, visit the museum and armoury store. Our campers will also attend an exclusive workshop at the stadium. |
| 12:05 (Break) |                                                                                                                                                                                                              | Unravel: using problem solving skills.                                     | Riddles: building speed of responses.                                                   | Short Expressive Presentations (Public speaking).                                  | Team Debate: Logical reasoning & active listening.                                        | Live Sports Commentary: clear narration & diction.                                        |                                                                                                                                                                                                                                                   |
| 12:15         |                                                                                                                                                                                                              |                                                                            |                                                                                         |                                                                                    |                                                                                           |                                                                                           |                                                                                                                                                                                                                                                   |
|               |                                                                                                                                                                                                              | Lunch                                                                      | Lunch                                                                                   | Lunch                                                                              | Lunch                                                                                     | Lunch                                                                                     |                                                                                                                                                                                                                                                   |
| 12:45         |                                                                                                                                                                                                              | Meeting                                                                    | Meeting                                                                                 | Meeting                                                                            | Meeting                                                                                   | Meeting                                                                                   |                                                                                                                                                                                                                                                   |
| 14:00         |                                                                                                                                                                                                              |                                                                            |                                                                                         |                                                                                    |                                                                                           |                                                                                           |                                                                                                                                                                                                                                                   |
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| 14:15         |                                                                                                                                                                                                              | Champion Mentality: Technical Training (Skills)                            |                                                                                         |                                                                                    |                                                                                           |                                                                                           |                                                                                                                                                                                                                                                   |
| 14:30         |                                                                                                                                                                                                              | Ball mastery & Dribbling.                                                  | Passing and Receiving.                                                                  | Counter Pressing and Counter Attacking.                                            | Shooting, finishing and ball striking.                                                    | Strong Young Gunners skills test.                                                         |                                                                                                                                                                                                                                                   |
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| 15:30         | Dominating 1v1's in & out of possession.                                                                                                                                                                     | Possession Principles on and off the ball.                                 | Effective Transitioning.                                                                | Finishing the attack and decision-making.                                          | Conditioned games and scenarios.                                                          |                                                                                           |                                                                                                                                                                                                                                                   |
|               | Conditioned Match Play                                                                                                                                                                                       |                                                                            |                                                                                         |                                                                                    |                                                                                           | Tournament                                                                                |                                                                                                                                                                                                                                                   |
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|               |                                                                                                                                                                                                              |                                                                            |                                                                                         |                                                                                    |                                                                                           |                                                                                           |                                                                                                                                                                                                                                                   |
| 17:45         | Dinner                                                                                                                                                                                                       | Dinner                                                                     | Dinner                                                                                  | Dinner                                                                             | Dinner                                                                                    | Dinner                                                                                    | Dinner                                                                                                                                                                                                                                            |
| 19:15         | Welcome Event                                                                                                                                                                                                | Meeting                                                                    | Meeting                                                                                 | Meeting                                                                            | Meeting                                                                                   | Meeting                                                                                   | Meeting                                                                                                                                                                                                                                           |
| 19:30         | Entertainment: House Party                                                                                                                                                                                   | Entertainment: Icebreakers                                                 | Entertainment: Bramball                                                                 | Entertainment: Choice Evening                                                      | Entertainment: Race Night                                                                 | Entertainment: Awards Festival                                                            | Entertainment: Relaxed Games                                                                                                                                                                                                                      |
| 21:30         | House Meeting                                                                                                                                                                                                | House Meeting                                                              | House Meeting                                                                           | House Meeting                                                                      | House Meeting                                                                             | House Meeting                                                                             | House Meeting                                                                                                                                                                                                                                     |
| From 22:00    | Lights out                                                                                                                                                                                                   | Lights out                                                                 | Lights out                                                                              | Lights out                                                                         | Lights out                                                                                | Lights out                                                                                | Lights out                                                                                                                                                                                                                                        |

