

Step-Up English Language + Basketball 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 ARRIVAL DAY Students can arrive between 09:00 and 17:00, but preferably in the afternoon as there are no planned activities.	Functional Language and Exploration Question					Departing students	
10:05 (Break)	Continuing students ALL DAY EXCURSION 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.	Future Ready Mindset	Human Insights & Leadership	Strategic Communication	Global Change: Sustainability & Innovation	Digital Transformation	DEPARTURE DAY Students can depart between 09:00 and 17:00, but preferably in the morning as they do not attend the excursion.	
10:15		Learning and Innovation						
11:05 (Break)		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.		
11:15		Ideas in Action						Continuing students
12:05 (Break)		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 a focus on systems.	Business Exposition (Pitch) showcasing a future vision.		
12:15		Applied Skills: Reflection and Conclusions						ALL DAY EXCURSION City / Seaside Town Visit where students explore a historic city, visit local attractions, have a walk along the promenade, go to a café or go shopping. Cities include Oxford, Cambridge, Brighton or Portsmouth.
12:45		Spectrum of understanding.	Peer-correction.	Highlighting key factors.	Question-led summation.	Open-feedback.		
14:00		Lunch	Lunch	Lunch	Lunch	Lunch		
14:15		Meeting	Meeting	Meeting	Meeting	Meeting		
14:30		Pre-session preparation: Warm up, Fitness & Agility						
15:30	Technical Training (Skills)							
16:30	Ball Handling, triple threat, layups and finishing.	Shooting forms & Shot selection with off-the-ball movement.	Passing fundamentals on the move.	Defensive fundamentals on the ball and off the ball.	Skills test and shooting competition.			
17:15	Tactical Training							
	Spacing and attacking lanes, three man weave.	Offence fundamentals vs zones, ½ courts or man-to-man.	Creating attacking lanes with ball movement, fast break, etc.	Defence principles - individual and team (Full court, half court or zone).	Conditioned Scrimmage: 1v1, 3v3, and 5v5.			
	Conditioned Match Play - 1v1, 2v2, 3v3 & 5v5					Tournament		
	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 + Basketball Sample Week

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10:15		Real-life Communication through Skills-driven Learning						
11:05 (Break)		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.		
11:15		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.		
12:05 (Break)		Language Cup: Language in Action						
12:15		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.		
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