

Step-Up English Language + Acosta Dance Foundation 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	<p>New students</p> <p>ARRIVAL DAY Students can arrive between 09:00 and 17:00, but preferably in the afternoon as there are no planned activities.</p> <p>Continuing students</p> <p>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.</p> <p>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.</p>	Functional Language and Exploration Question					Departing students	
10:05 (Break)		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.	ALL DAY EXCURSION	
12:15		Applied Skills: Reflection and Conclusions						
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		Fitness, Flexibility & Fundamentals						
16:30		Rythm & posture.	Body control.	Style & lines.	Sequencing.	Rehearsal & performance.		
17:15		New Choreography Learning and Practice						
	Posture fundamentals and buiding a routine.	Graceful body isolations, elegant body rolls and dramatic poses.	Expressive arm work, classical lines, coordination of steps and arms.	First half of the choreography, smooth transitions and dynamic focus.	Finalising choreography & full routine practice.			
	Group Performance Rehearsal					Performance		
	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	



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10:05 (Break)		Exploring the Camp	Talking About the Past	Living in the City: First Impressions	Getting Started with Music	Navigating the City	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		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		Ideas in Action (Collaborative Projects)					Continuing students	
12:05 (Break)		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 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.	
12:15		Language Cup: Language in Action						
12:45		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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