

# Step-Up English Language + Golf 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	<b>New students</b>  <b>ARRIVAL DAY</b> Students can arrive between 09:00 and 17:00, but preferably in the afternoon as there are no planned activities.  <b>Continuing students</b>  <b>ALL DAY EXCURSION</b> 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.  <b>ALL DAY EXCURSION</b> 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.	<b>Functional Language and Exploration Question</b>					<b>Departing students</b>	
10:05 (Break)		<b>Future Ready Mindset</b>	<b>Human Insights &amp; Leadership</b>	<b>Strategic Communication</b>	<b>Global Change: Sustainability &amp; Innovation</b>	<b>Digital Transformation</b>	<b>DEPARTURE DAY</b> Students can depart between 09:00 and 17:00, but preferably in the morning as they do not attend the excursion.	
10:15		<b>Learning and Innovation</b>						
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		<b>Ideas in Action</b>					<b>Continuing students</b>	
12:05 (Break)		<b>Conversation Workshop</b> with a focus on active listening.	<b>Public Speaking Workshop</b> with a focus on social influence.	<b>Topical Debate</b> with a focus on strategic communication.	<b>Team Presentation &amp; written article</b> with a focus on systems.	<b>Business Exposition (Pitch)</b> showcasing a future vision.	<b>ALL DAY EXCURSION</b>	
12:15		<b>Applied Skills: Reflection and Conclusions</b>						
12:45		Spectrum of understanding.	Peer-correction.	Highlighting key factors.	Question-led summation.	Open-feedback.		
14:00		<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>		
14:15		<b>Meeting</b>	<b>Meeting</b>	<b>Meeting</b>	<b>Meeting</b>	<b>Meeting</b>		
14:30		<b>Pre-session preparation: Warm up, Stretching &amp; Mobility</b>						
15:30		<b>Technical Training (Skills)</b> Low-Handicap Golfers will receive further detailed analysis across sessions (i.e, Trackman)						
16:30		Golf assessment and swing analysis.	Long iron and medium iron play.	Short & bunker play for short irons.	Putting and reading the green.	Driving off the tee.		
17:15		<b>Tactical Training</b>						
	Course assessment and etiquette clinic.	Shot making with long and medium irons; driving range and course practice.	Short & bunker play on course management practice.	Approach play, reading the green, and on-course management.	Driving & Putting competition. Tournament play.			
	<b>Conditioned Match Play On 9-Hole Course</b>					<b>Tournament</b>		
	<b>Active Recovery, Stretching &amp; Performance Review</b>							
17:45	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	
19:15	<b>Welcome Event</b>	<b>Meeting</b>	<b>Meeting</b>	<b>Meeting</b>	<b>Meeting</b>	<b>Meeting</b>	<b>Meeting</b>	
19:30	<b>Entertainment: House Party</b>	<b>Entertainment: Icebreakers</b>	<b>Entertainment: Bramball</b>	<b>Entertainment: Choice Evening</b>	<b>Entertainment: Race Night</b>	<b>Entertainment: Awards Festival</b>	<b>Entertainment: Relaxed Games</b>	
21:30	<b>House Meeting</b>	<b>House Meeting</b>	<b>House Meeting</b>	<b>House Meeting</b>	<b>House Meeting</b>	<b>House Meeting</b>	<b>House Meeting</b>	
From 22:00	<b>Lights out</b>	<b>Lights out</b>	<b>Lights out</b>	<b>Lights out</b>	<b>Lights out</b>	<b>Lights out</b>	<b>Lights out</b>	



# Foundation English Language + Golf 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	<b>New students</b> <b>ARRIVAL DAY</b> Students can arrive between 09:00 and 17:00, but preferably in the afternoon as there are no planned activities.	<b>Functional Language: Language in Context</b>					<b>Departing students</b>	
10:05 (Break)		<b>Exploring the Camp</b>	<b>Talking About the Past</b>	<b>Living in the City: First Impressions</b>	<b>Getting Started with Music</b>	<b>Navigating the City</b>	<b>DEPARTURE DAY</b> Students can depart between 09:00 and 17:00, but preferably in the morning as they do not attend the excursion.	
10:15		<b>Real-life Communication through Skills-driven Learning</b>						
11:05 (Break)	<b>Continuing students</b>	<b>Hobbies and Interests</b> - focusing on active listening and opinion exchange.	<b>Present Simple and Continuous: Daily Life</b> - expressing routines and current activities.	<b>Vocabulary Boost: Extreme Adjectives</b> - enhancing expressive conversations.	<b>Predicting the Future of Music</b> - discussing personal preferences and developing opinions.	<b>Video Diary: A Day in the Life</b> - using descriptive storytelling and communication skills.	<b>Continuing students</b>	
11:15	<b>ALL DAY EXCURSION</b> 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.	<b>Tech-Free Zones and Personal Choices</b> - reflecting on use and routines.	<b>Favourite Things</b> - Using comparisons and explaining reasons of likes and dislikes.	<b>City vs Country</b> - developing analytical thinking.	<b>Technology and Music</b> - discussing future tech and impact on society.	<b>Reflection and Language Awareness</b> - noticing effective language choices.		
12:05 (Break)		<b>Language Cup: Language in Action</b>					<b>ALL DAY EXCURSION</b> 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		<b>Unravel:</b> using problem solving skills.	<b>Riddles:</b> building speed of responses.	<b>Short Expressive Presentations</b> (Public speaking).	<b>Team Debate:</b> Logical reasoning & active listening.	<b>Live Sports Commentary:</b> clear narration & diction.		
12:45		<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>		
14:00		<b>Meeting</b>	<b>Meeting</b>	<b>Meeting</b>	<b>Meeting</b>	<b>Meeting</b>		
14:15		<b>Pre-session preparation: Warm up, Stretching &amp; Mobility</b>						
14:30	5-minute Drinks break	<b>Technical Training (Skills)</b> Low-Handicap Golfers will receive further detailed analysis across sessions (i.e, Trackman)						
15:30	5-minute Drinks break	Golf assessment and swing analysis.	Long iron and medium iron play.	Short & bunker play for short irons.	Putting and reading the green.	Driving off the tee.		
16:30		<b>Tactical Training</b>				<b>Tournament</b>		
17:15		Course assessment and etiquette clinic.	Shot making with long and medium irons; driving range and course practice.	Short & bunker play on course management practice.	Approach play, reading the green, and on-course management.		Driving & Putting competition. Tournament play.	
		<b>Conditioned Match Play On 9-Hole Course</b>						
		<b>Active Recovery, Stretching &amp; Performance Review</b>						
17:45	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
19:15	Welcome Event	Meeting	Meeting	Meeting	Meeting	Meeting	Meeting	
19:30	<b>Entertainment: House Party</b>	<b>Entertainment: Icebreakers</b>	<b>Entertainment: Bramball</b>	<b>Entertainment: Choice Evening</b>	<b>Entertainment: Race Night</b>	<b>Entertainment: Awards Festival</b>	<b>Entertainment: Relaxed Games</b>	
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	

