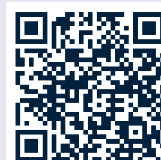


Step-Up English Language + Tennis Sample Week

	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 Future Ready Mindset Human Insights & Leadership Strategic Communication Global Change: Sustainability & Innovation Digital Transformation					Departing students DEPARTURE DAY Students can depart between 09:00 and 17:00, but preferably in the morning as they do not attend the excursion.	
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	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.	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.	Continuing students 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.	
12:05 (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		Pre-session preparation: Warm up, Fitness & Agility						
14:30	5-minute Drinks break	Technical Training (Skills)						
15:30	5-minute Drinks break	Ground strokes - forehand and backhand.	Different serves and returns of serve, split step, etc	Net play, volleying, approach shots and footwork.	Counter-attacking and defensive play.	Skills test: ground strokes, serves and net play.		
16:30		Tactical Training						
17:15		Shot selection, using height & spin, and building points.	Serve variations (wide, body, etc), return choices, aggressive, etc.	When to approach, net positioning & doubles net tactics.	When to defend and counter-attack. Attacking short balls.	Singles and doubles match play preparation.		
		Conditioned Match Play				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 + Tennis

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>	Functional Language: Language in Context					<p>Departing students</p> <p>DEPARTURE DAY Students can depart between 09:00 and 17:00, but preferably in the morning as they do not attend the excursion.</p> <p>Continuing students</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>	
10:05 (Break)		Exploring the Camp	Talking About the Past	Living in the City: First Impressions	Getting Started with Music	Navigating the City		
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)						
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.		
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.		
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		Ground strokes - forehand and backhand.	Different serves and returns of serve, split step, etc	Net play, volleying, approach shots and footwork.	Counter-attacking and defensive play.	Skills test: ground strokes, serves and net play.		
17:15		Tactical Training						
17:45		Shot selection, using height & spin, and building points.	Serve variations (wide, body, etc), return choices, aggressive, etc.	When to approach, net positioning & doubles net tactics.	When to defend and counter-attack. Attacking short balls.	Singles and doubles match play preparation.		
19:15		Conditioned Match Play						Tournament
19:30		Active Recovery & Performance Review						
21:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		
From 22:00	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out		

