



# Elective: Health and Fitness

## Overview

Students will increase their understanding of how to stay healthy and develop their levels of fitness. They will look at diet and exercise through food production and preparation, keep-fit regimes and lifestyle choices. Session will involve a range of fun and challenging fitness drills and activities and student will also have the chance to learn about good nutrition and make their own healthy snacks. This elective is suitable for students of all ages and levels of fitness.

## Learning Outcomes

Students will:

- have participated a range of activities and drills to improve fitness, stamina and flexibility.
- have learned techniques to record, maintain and improve their own fitness.
- be able to plan and prepare a healthy snack.
- be able to warm-up and warm-down safely

## Language Outcomes:

Students will:

- be able to name the body parts and major muscle groups used during exercise.
- be able to describe different food types and how they help the body to be healthy.
- be able to describe the benefits of different types of training.

## Sample Content:

<b>SESSION 1</b>	<b>SESSION 3</b>
<b>Strength and flexibility</b> <ul style="list-style-type: none"><li>• Warm-up</li><li>• Flexibility exercises</li><li>• Anaerobic vs aerobic exercise</li><li>• Strength exercises</li></ul>	<b>Nutrition</b> <ul style="list-style-type: none"><li>• Food types (carbs, fats, proteins, vitamins etc.). When we need them and where we get them.</li><li>• Design a 'super-smoothie'</li></ul>
<b>SESSION 2</b>	<b>SESSION 4</b>
<b>Circuit training</b> <ul style="list-style-type: none"><li>• Resting and maximum heart rate</li><li>• Training zones</li><li>• Circuit training: press-ups, leg raises, shuttle runs, step ups etc.</li></ul>	<b>Principles of training</b> <ul style="list-style-type: none"><li>• benefits of fitness</li><li>• types of training</li><li>• fun fitness drills</li><li>• make a fitness plan for the future</li></ul>



## FAQs.

### What should students wear/bring?

Students need comfortable clothes that they can move around in. They should wear trainers or sports shoes. Sandals or flip-flops are not permitted.

HOURS BREAKDOWN PER 2 WEEK COURSE	
<b>TUITION HOURS</b>	<b>PROGRAMME CONTENT</b>
English Tuition: 30 hours	<b>Project work</b> in the classroom (student learn through doing a project with a specific outcome such as a magazine, short film or performance)
Electives Tuition: 18 hours	Chosen <b>elective</b> . Students choose 3 electives per course. Language learning is integrated into all these activities. Students each receive a handbook containing instructions, tips, activities and language tasks.
<b>TOTAL: 48</b>	
<b>ACTIVITY HOURS</b>	
Evening Events: 20 hours	<b>Evening events</b> . The students usually come together as a group for the evening programme. Students participate in range of creative games, contests and shows which encourage team work, cooperation and above all communication in English.
Free Activity Time: 6 hours	<b>Activity time</b> These sessions are more relaxed with the focus on fun, making friends and relaxation. Activities can be sports, arts and crafts or whole group activities such as a Country Fair or a Sports Tournament.
<b>TOTAL: 26</b>	
<b>STUDY TOURS</b>	
Study Tours: 3 days (9am-6pm)	<b>Study Tours:</b> Every student attends 3 full day study tours over a two week course. Students are prepared for study tours in class and the trips are integrated into the academic programme. Every student will visit London at least once during their stay. Other popular destinations include: Oxford, Warwick Castle, Greenwich, Cambridge and Brighton.



# Elective: Football

## Learning Outcomes

Students will have:

- improved their football skills in the areas of dribbling, passing, shooting and defending.
- learned how to work together in a team and the importance of respect and communication.

## Language Outcomes:

Students will:

- be able to name the different positions on a football pitch and describe the role of each position. e.g. striker, midfielder, goal keeper etc.
- be able to use common football phrases to instruct, encourage and warn teammates.

## Sample Content

SESSION 1	SESSION 3
<ul style="list-style-type: none"><li>• Introduction to the course and skills assessment</li><li>• Skills development: dribbling</li><li>• ball mastery drills rotation</li><li>• futsal practise games</li><li>• warm-down</li></ul>	<p>Warm-up: skills review</p> <p>Skills development: shooting</p> <ul style="list-style-type: none"><li>• pass and shoot drill</li><li>• crossing and heading drill</li><li>• practice match</li><li>• penalty shoot-out competition</li></ul>
SESSION 2	SESSION 4
<ul style="list-style-type: none"><li>• Warm-up: skills review</li><li>• Skills development: passing</li><li>• Short passing drills</li><li>• two touch 5-a-side practice game</li><li>• Long passing</li><li>• Practice match</li></ul>	<ul style="list-style-type: none"><li>• Warm-up: skills review</li><li>• Skills development: defending</li><li>• One vs one drill</li><li>• Recovery runs</li><li>• 'World cup' mini-tournament</li></ul>

## FAQs.

### What surfaces do the students play on?

All out schools have a mix of grass and artificial grass (astro turf) pitches. If the weather is very bad some sessions may take place indoors in a sports hall.

### What footwear do students need?



Students should bring football boots or trainers suitable for artificial grass surfaces (boot without studs/cleats are safer). Students can bring standard football boots with studs, but these can only be used on grass and are not necessary. Flip-flops or any other open toed shoes are not allowed. Playing barefoot is also not permitted.

## What should students wear?

Students should have shorts and t-shirts. Students should bring their own shin-pads, if they have them.

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# Elective: Cooking

## Overview

Students will develop their cooking skills by learning how to cook a range of UK and international dishes.

Students will learn to make traditional English recipes such as scones or jam tarts and will also learn to make popular international dishes like pizza or Products produced may include British pastries, pizza, scones and students can create their own recipes. This course is for anyone that enjoys cooking or who would like to try it for the first time.

## Learning Outcomes

Students will:

- have learned to follow a basic recipe to produce a desirable product.
- have learned basic cooking skills such as timing, rolling, cutting, stirring and mixing.
- have gained a basic understanding of nutrition and healthy eating.
- have experimented with creating their own recipe.

## Language Outcomes:

Students will:

- be able to name common kitchen utensils and equipment in English e.g. rolling pin, sieve, bowl, jug, whisk, scales, tray etc.
- be able to read and follow recipes using common cooking verbs e.g. stir, mix, add, cut, chop, heat etc.
- be able to write a simple recipe

## Sample Content

SESSION 1	SESSION 3
<ul style="list-style-type: none"><li>• Hygiene and safety quiz</li><li>• Charades game: cooking verbs</li><li>• Scone making</li><li>• How to make British afternoon tea</li></ul>	<p>Pizza</p> <ul style="list-style-type: none"><li>• Students design and make their own pizza</li><li>• Students design their own pizza box and pizza restaurant while the pizzas are cooking.</li><li>• Students present their pizzas.</li></ul>
SESSION 2	SESSION 4
<p>Pies and pastries.</p> <ul style="list-style-type: none"><li>• Vocab game: kitchen utensils</li><li>• Students each learn a recipe and teach the recipe to the other groups (apple pie, jam tart, rock cake).</li></ul> <p>Students present their products.</p>	<p>Ready, Steady, Cook Challenge</p> <ul style="list-style-type: none"><li>• Students work in teams and are given a set of ingredients. They plan a menu and then make their dishes.</li></ul> <p>The students evaluate the dishes and choose a winner.</p>



## FAQs

### Where do students cook?

Cooking electives take place in fully equipped food science classrooms. These classrooms contain cookers, electric hobs and work surfaces. For this reason the number of students who can do cooking at any one time are limited. This is a very popular elective so please book early!

### My child is allergic to certain foods. Can they still do the course?

If your child is allergic to a particular food, please make this clear on the child's medical form and inform us when you book the course. We will let our teachers know and, where possible, adapt the course so that your child is not exposed to any allergens.

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# Elective:

# Photography and film making

## Overview

This course is for students that want to improve their ability to take photos and want to learn how to make a short film. The course teaches students the basic principles of image composition and also presents techniques and ideas to make creative, fun and powerful images. Students use these skills to produce a small portfolio of pictures and a short film. Students also develop skills including planning, storyboarding, sequencing, composing and editing their work.

## Learning Outcomes

Students will:

- have shown they can compose different types of photos
- produced a portfolio of photos and a short stop-motion film.
- be better able to use perspective, light, props and people to make interesting images.

## Language Outcomes:

Students will:

- be able to describe basic photography and film-making techniques and procedures.
- have used English to create dialogue or captions for a short film.

## Sample Content:

<b>SESSION 1</b>	<b>SESSION 3</b>
<b>Photography</b> <ul style="list-style-type: none"><li>• Composition:</li><li>• rules of thirds</li><li>• portrait vs landscape</li><li>• light and shadow</li></ul>	<b>Film-making:</b> <ul style="list-style-type: none"><li>• using images to tell a story</li><li>• storyboard and sequencing</li><li>• shooting</li></ul>
<b>SESSION 2</b>	<b>SESSION 4</b>
<b>Photography</b> <ul style="list-style-type: none"><li>• Getting creative</li><li>• using perspective</li><li>• using props</li><li>• using people</li></ul>	<b>Film-making:</b> <ul style="list-style-type: none"><li>• shooting</li><li>• composing and editing</li></ul>



## FAQs.

### Can my child bring their own camera?

Yes, but we do not recommend students bring expensive or high-end equipment as we cannot take responsibility for any damage caused during travel and students' stay with us.

### What type of cameras do students use to do the course?

Bell will provide small hand-held point and shoot digital cameras for students to use. The course is focused on the artistic techniques and creative processes rather than the technical use of camera equipment so that the course is accessible and useful to all students, not just those who own advanced equipment.

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# Elective: Dance

## Overview

Students develop technical dance skills and learn a variety of styles including traditional and contemporary genres. They also learn how to choreograph and develop their own original routines and practise performing and evaluating the performance of others.

## Learning Outcomes

Students will:

- be able to perform basic movements in a variety of dance styles such as street dance, contemporary, jazz and salsa.
- be able to use choreographic techniques to create their own movement sequences.
- have improved confidence to perform in front of others.

## Language Outcomes:

Students will:

- be able to use the words for common dance techniques e.g. pirouette, kick-out,
- be able to describe different types of dance movement e.g. rolling, turning, leaping, walking, cartwheel etc.
- be able to understand choreography instructions when delivered clearly at normal speed.

**Sample Content** (please note this is a sample – dance styles included may vary from course to course, but the general structure of the sessions will follow this structure).

SESSION 1	SESSION 3
<p>Contemporary dance master class</p> <ul style="list-style-type: none"><li>• Warm-up</li><li>• Learn the main moves (swings, balances, downward dog, jumps etc.) through video and practise.</li><li>• Students learn a contemporary sequence</li><li>• Mini-choreography task: students develop the sequence by adding or adapting their own movements.</li><li>• Share performances and evaluate</li></ul>	<p>Introduction to choreography</p> <p>Students learn and experiment with different methods of creating a choreography.</p> <ul style="list-style-type: none"><li>• The chance method</li><li>• Dance map method</li><li>• Motif and development method</li></ul> <p>Student work in small teams to develop their own short choreography.</p>
SESSION 2	SESSION 4
<p>Salsa master class</p> <ul style="list-style-type: none"><li>• Watch salsa dance clips and identify main moves and learn vocabulary</li><li>• Learn basic rhythm and steps</li><li>• Learn steps with a partner</li><li>• Learn a Salsa routine</li></ul>	<p>Choreography from stimulus</p> <ul style="list-style-type: none"><li>• Working with stimulus (words, images, props) to develop their choreography</li><li>• Students produce mini performances with reviews/evaluations of other groups' dances using vocabulary they have learned.</li></ul>



## FAQs.

### Which dance styles will be taught?

We offer a range of different dance styles. The styles offered will depend on the centre and the staff. Previous styles offered have included: contemporary, Latin, jazz, street dance, ballet and musical theatre.

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