



**British  
Summer  
School**

**Citizens of the future**

**Professionals of the future**

**Footballers of the future**



# UPPINGHAM SCHOOL

**21st Century English Language Learning  
& Professional Sports Tuition for  
Students aged 12-18**

**SUMMER 2026**

**future  
ready**



# Uppingham School

Uppingham School is a co-educational Senior Boarding and Day School. Located in the heart of the market town of Uppingham, students enjoy a sense of freedom and have easy access to cafés, shops and restaurants.



Footballers  
of the future

Citizens  
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Professionals  
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## LOCATION

Courses take place at Uppingham School, a prestigious senior boarding school with good academic, arts and sports facilities situated in the historic county of Rutland in central England.

## CAMPUS

Whilst sharing this campus with other residential and non-residential groups, British Summer School has dedicated access to many academic, boarding and leisure facilities.

## ACCOMMODATION

Boys and girls sleep in suitable boarding accommodation on campus.

Students share their bedroom with children of the same sex and of a similar age. Bathrooms are shared.

## MEALS

The menu offers a mix of English and international food. Vegetarian and special diets for medical or religious needs are accommodated.

## SPORTS & LEISURE FACILITIES

- Astro turf pitch
- Athletics track
- Drama theatre
- Playing fields
- Sports hall
- Swimming pool
- Tennis courts

## CLUBHOUSE

The Clubhouse is a social space where students can relax, socialise, and chat in an informal and comfortable setting.

## WI-FI

Wi-Fi is available in some communal areas across the campus.

## UPPINGHAM TOWN

Students are allowed into Uppingham village in small groups during afternoon free time. See Student Handbook for more details.

## CENTRE OVERVIEW

- County of Rutland
- Capacity 100 students
- 12-18 years
- 1-6 beds per room
- Town setting
- No Smoking

[uppingham.co.uk](http://uppingham.co.uk)





# Courses Available

Core English  
Optional

English Lessons  
Optional

## Citizens of the future

## Professionals of the future



### AGES

Citizens welcomes students from 13-18 years. Professionals welcome students from 16-18 years.



### COURSE FORMAT

Students from both courses may share some English lessons. All students share BSS Experience and all recreational activities and cultural excursions.



### ENGLISH LEVELS

Citizens welcomes students with English levels between A2 Elementary and C2 Proficiency. Professionals must have a minimum English level of B1 Intermediate.



### LESSONS

20 hours per week:

#### Citizens

- Choose between Core English or Community Projects
- Focus Communication
- Learning & Innovation

#### Professionals

- Elective 1 (select option)
- Focus Professional (select option)
- Elective 2 (select option)

The objectives of the lessons are to improve students' receptive and productive language skills and to develop their ability to communicate and operate in the 21st century.



### MISSION: INTEGRATION!

This takes place on Sunday evenings and consists of icebreakers and getting-to-know-you activities designed to help new students integrate into school life and meet their peers and staff.



### SPORTS & LEISURE

Students take part in our Leisure programme where they can choose between a selection of different sports and leisure activities.



### PRO OPTIONS

The Pro Options programme is optional and allows students to specialise in one sport or other recreational activity for the whole week and is designed to increase their skills, techniques, and knowledge in their chosen option.

Available in:

- Strength & Conditioning
- Tennis



### BSS EXPERIENCE

This is our evening entertainment programme that consists of a series of fun challenges, games and social events designed to develop students personal and social skills, self-confidence, and authenticity.



### CULTURAL PROGRAMME

Saturday and Sunday excursions allow students to visit places of cultural or historical interest or take part in a recreational activity with their friends.



Effective communication is key to success in the 21st century and developing these skills is an integral and crucial part of these courses.

Lessons

Citizens of the future

CORE ENGLISH

English language lessons are designed to improve students' receptive and productive skills (reading, writing, speaking, listening), extend the scope and range of their vocabulary in both formal and informal contexts and deepen their understanding of grammar to improve spoken and written accuracy.

COMMUNITY PROJECTS

These projects are designed to promote language learning through real-life practice, while also engaging students in meaningful activities that address 21st century problems for the benefit of the wider community. Projects may include:

- Prepare a sketch and perform it
- Design a community clean-up project
- Write a short survey about a 21st century problem
- Create a street art mural about the benefits of diversity
- Design a newsletter about the importance of green energy
- Write a story about a community problem such as homelessness
- Write to the local MP about a community problem



FOCUS COMMUNICATION

Effective communication is key to success in the 21st century and developing core communication skills is an integral and crucial part of this course.

These lessons are designed to help students develop the skills required to communicate more freely, naturally, and confidently in English in academic, recreational, and professional contexts.

Lessons include a range of oral and written communication methods such as:

- Academic essay writing
- Business report writing
- Creative writing
- Debating
- Negotiating
- Networking
- Presenting

LEARNING & INNOVATION

These task-based lessons enable students to work collaboratively to research, discuss and create projects that reflect their knowledge, skills, and personality while developing strategies that are essential for success in the 21st century. The projects have been specially created to help develop the students' capabilities in each of the 4Cs that form the core of the 21st century learning curriculum: Collaboration, Communication, Creativity, and Critical Thinking.

EXAM COURSES

Cambridge Assessment offers a series of globally-recognised exams that accredit students' English level for study and work.

The following Cambridge exam preparation course are available:

- B1 Preliminary
- B2 First
- C1 Advanced

These courses offer dedicated preparation and intensive exam practice instead of Core English & Learning & Innovation.

Students sit the exam at an external testing centre at the end of their course.



MISSION: INTEGRATION!

Sunday evenings offer organised ice-breaker activities that allow new and continuing students to meet each other and start to build new friendships.

TIMETABLE

A typical week

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:30	<b>New students</b>	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	<b>Departing students</b>
08:00	<b>ARRIVAL DAY</b>	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	<b>DEPARTURE DAY</b>
08:45	Students can arrive at any time, but preferably in the afternoon.	<b>Meeting</b>	<b>Meeting</b>	<b>Meeting</b>	<b>Meeting</b>	<b>Meeting</b>	Departing students should depart in the morning and cannot attend the excursion.
09:00	<b>Continuing students</b> <b>ALL DAY EXCURSION</b>  <b>City / Seaside Town Visit</b> Visit a local city or seaside town to explore the town / city, visit local attractions, have a walk along the promenade, go to a café or go shopping.	<b>Core English (1¼ hrs)</b> What does true friendship mean? What attributes does an ideal friend have? How many true friends do you have? <b>or Community Projects</b> Sketch illustrating diversity	<b>Core English (1¼ hrs)</b> In pairs, make a list of the advantages and disadvantages of playing modern computer games. <b>or Community Projects</b> Community clean-up	<b>Core English (1¼ hrs)</b> What domestic and global social media channels do you use, how often and what for? <b>or Community Projects</b> Street Art mural	<b>Core English (1¼ hrs)</b> In pairs, research some basic facts about BREXIT and present your findings to the class. <b>or Community Projects</b> Newsletter about Home Solar Panels	<b>Core English (1¼ hrs)</b> <b>Revision Assessment</b> <b>True Me Reflection</b> <b>or Community Projects</b> Letter to local MP	<b>Continuing students</b> <b>ALL DAY EXCURSION</b>  <b>London</b> Walking tour to see some of the famous sites such as 10 Downing Street, Big Ben, Buckingham Palace, Covent Garden, Houses of Parliament, Leicester Square, Oxford Street, Piccadilly Circus, Trafalgar Square. <b>and / or</b> Visit a famous tourist attraction such as Cutty Sark, London Eye, London Transport Museum, Madame Tussaud's, Natural History Museum, Riverboat Cruise, Science Museum or Tower of London.
10:15		Break	Break	Break	Break	Break	
10:30		<b>Focus Communication (1¼ hrs)</b>	<b>Focus Communication (1¼ hrs)</b>	<b>Focus Communication (1¼ hrs)</b>	<b>Focus Communication (1¼ hrs)</b>	<b>Focus Communication (1¼ hrs)</b>	
12:00		Lunch	Lunch	Lunch	Lunch	Lunch	
13:00		<b>Learning &amp; Innovation (1¼ hrs)</b>	<b>Learning &amp; Innovation (1¼ hrs)</b>	<b>Learning &amp; Innovation (1¼ hrs)</b>	<b>Learning &amp; Innovation (1¼ hrs)</b>	<b>Learning &amp; Innovation (1¼ hrs)</b>	
14:15		Break	Break	Break	Break	Break	
14:45		<b>Sports &amp; Leisure (1¼ hrs)</b> <i>Choose between:</i> Football Volleyball Fitness Session Model Making <b>Pro Options (1½hrs)</b>	<b>Sports &amp; Leisure (1¼ hrs)</b> <i>Choose between:</i> Basketball Athletics Tennis Salsa Lesson <b>Pro Options (1½hrs)</b>	<b>Sports &amp; Leisure (1¼ hrs)</b> <i>Choose between:</i> Football Rounders Messy Games Landscape Painting	<b>Sports &amp; Leisure (1¼ hrs)</b> <i>Choose between:</i> Kwik Cricket Tennis Swimming Tie-dye t-shirt <b>Pro Options (1½hrs)</b>	<b>Sports &amp; Leisure (1¼ hrs)</b> <i>Choose between:</i> Football Basketball Circuits Challenge Yoga <b>Pro Options (1½hrs)</b>	
16:30		Free Time	Free Time	Free Time	Free Time	Free Time	
18:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19:00	<b>BSS Experience (1½ hrs)</b> <b>Mission: Integration!</b> Team games, icebreaker activities and challenges to encourage friendship, having fun and getting to know your setting.	<b>BSS Experience (1½ hrs)</b> <b>The Cube</b> Work as a team to partake in a range of challenges all designed to be completed in a small square. Don't let the pressure of the cube distract you from your mission.	<b>BSS Experience (1½ hrs)</b> <b>Capture the Flag</b> Work as a team to capture the opposing team's flag and bring it back to your base without getting tagged. Your strategic skills and teamwork will be tested.	<b>BSS Experience (1½ hrs)</b> <b>Task Master</b> Work as a team to complete creative and bizarre tasks set by the Task Master. This will test your skills, teamwork and agility.	<b>BSS Experience (1½ hrs)</b> <b>Lanterns</b> Work as a team to design and create lanterns for the 'Friday Let's Celebrate' ceremony. Designs represent national pride, your BSS journey and friendship.	<b>BSS Experience (1½ hrs)</b> <b>Let's Celebrate</b> Showcase the projects you have been working on, receive awards and join the disco with friend.	Chill and Chat
20:30	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	
21:00	<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>
22:15	Lights Out (13-14yrs)	Lights Out (13-14yrs)	Lights Out (13-14yrs)	Lights Out (13-14yrs)	Lights Out (13-14yrs)	Lights Out (13-14yrs)	Lights Out (13-14yrs)
23:00	Lights Out (16-18yrs)	Lights Out (16-18yrs)	Lights Out (16-18yrs)	Lights Out (16-18yrs)	Lights Out (16-18yrs)	Lights Out (16-18yrs)	Lights Out (16-18yrs)

For illustrative purposes only; actual activities and timings may be different.



# Lessons

## Professionals of the future

Student choose two Electives and their Focus Lesson.

### Elective 1

- Core English
- Digital Marketing
- Life Skills

### Focus Professional

- Entrepreneurship
- International Relations
- Leadership
- Media & Communications

### Elective 2

- Academic English
- Business English
- Learning and Innovation



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### ENTREPRENEURSHIP

These lessons cover many key business practices, fundamentals and principles essential for being a company Director or CEO such as accounting, management, finance, marketing, business law, human resources and employment law.



### INTERNATIONAL RELATIONS

These lessons are concerned with relations across boundaries of nation-states and include the study of subjects and topics such as international political economy, global governance, intercultural relations, national and ethnic identities, foreign policy analysis, development studies, environment, international security, diplomacy, terrorism, media and social movements.



### LEADERSHIP

These lessons are designed to develop the students' understanding of leadership qualities and skills. The course examines the characteristics which are consistently identified with great leaders and are regarded as important for successful business executives, senior managers, and company owners as well as leaders in other areas of life.



### MEDIA & COMMUNICATIONS

These lessons are designed to prepare students for a future on this pathway. Students explore communication strategies via different mediums, media literacy and analysis, content creation, and understanding media influence in the modern world.



### EXAM COURSES

IELTS is a useful qualification for students seeking a place at a UK or English-speaking university and is used by many multi-national companies to establish applicants' level of English.

Cambridge Assessment offers a series of globally-recognised exams that accredit students' English level for study and work.

The following exam preparation courses are available:

- IELTS
- B1 Preliminary
- B2 First
- C1 Advanced

These courses offer dedicated preparation and intensive exam practice instead of Electives 1 and 2.

Students sit the exam at an external testing centre at the end of their course.

The course focuses on developing students' understanding and practical application of professional qualities and skills to enhance future employability.

## TIMETABLE

### A typical week

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:30	<b>New students</b>	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	<b>Departing students</b>
08:00	<b>ARRIVAL DAY</b>	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	<b>DEPARTURE DAY</b>
08:45	Students can arrive at any time, but preferably in the afternoon.	<b>Meeting</b>	<b>Meeting</b>	<b>Meeting</b>	<b>Meeting</b>	<b>Meeting</b>	Departing students should depart in the morning and cannot attend the excursion.
09:00	<b>Continuing students</b>	<b>Elective 1 (1¼ hrs)</b>	<b>Elective 1 (1¼ hrs)</b>	<b>Elective 1 (1¼ hrs)</b>	<b>Elective 1 (1¼ hrs)</b>	<b>Elective 1 (1¼ hrs)</b>	<b>Continuing students</b>
	<b>ALL DAY EXCURSION</b>	Core English Digital Marketing Life Skills	Core English Digital Marketing Life Skills	Core English Digital Marketing Life Skills	Core English Digital Marketing Life Skills	Core English Digital Marketing Life Skills	
10:15		Break	Break	Break	Break	Break	<b>ALL DAY EXCURSION</b>
10:30	<b>City / Seaside Town Visit</b>	<b>Focus Professional (1½ hrs)</b>	<b>Focus Professional (1½ hrs)</b>	<b>Focus Professional (1½ hrs)</b>	<b>Focus Professional (1½ hrs)</b>	<b>Focus Professional (1½ hrs)</b>	
	Visit a local city or seaside town to explore the town / city, visit local attractions, have a walk along the promenade, go to a café or go shopping.	Entrepreneurship International Relations Leadership Media & Communications	Entrepreneurship International Relations Leadership Media & Communications	Entrepreneurship International Relations Leadership Media & Communications	Entrepreneurship International Relations Leadership Media & Communications	Entrepreneurship International Relations Leadership Media & Communications	<b>London</b> Walking tour to see some of the famous sites such as 10 Downing Street, Big Ben, Buckingham Palace, Covent Garden, Houses of Parliament, Leicester Square, Oxford Street, Piccadilly Circus, Trafalgar Square. <b>and / or</b> Visit a famous tourist attraction such as Cutty Sark, London Eye, London Transport Museum, Madame Tussaud's, Natural History Museum, Riverboat Cruise, Science Museum or Tower of London.
12:00		Lunch	Lunch	Lunch	Lunch	Lunch	
13:00		<b>Elective 2 (1¼ hrs)</b>	<b>Elective 2 (1¼ hrs)</b>	<b>Elective 2 (1¼ hrs)</b>	<b>Elective 2 (1¼ hrs)</b>	<b>Elective 2 (1¼ hrs)</b>	
		Academic English Business English Learning & Innovation	Academic English Business English Learning & Innovation	Academic English Business English Learning & Innovation	Academic English Business English Learning & Innovation	Academic English Business English Learning & Innovation	
14:15		Break	Break	Break	Break	Break	
14:45		<b>Sports &amp; Leisure (1¼ hrs)</b>	<b>Sports &amp; Leisure (1¼ hrs)</b>	<b>Sports &amp; Leisure (1¼ hrs)</b>	<b>Sports &amp; Leisure (1¼ hrs)</b>	<b>Sports &amp; Leisure (1¼ hrs)</b>	
		<i>Choose between:</i> Football Volleyball Fitness Session Model Making <b>Pro Options (1½hrs)</b>	<i>Choose between:</i> Basketball Athletics Tennis Salsa Lesson <b>Pro Options (1½hrs)</b>	<i>Choose between:</i> Football Rounders Messy Games Landscape Painting <b>Pro Options (1½hrs)</b>	<i>Choose between:</i> Kwik Cricket Tennis Swimming Tie-dye t-shirt <b>Pro Options (1½hrs)</b>	<i>Choose between:</i> Football Basketball Circuits Challenge Yoga <b>Pro Options (1½hrs)</b>	Chill and Chat
16:30		Free Time	Free Time	Free Time	Free Time	Free Time	
18:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19:00	<b>BSS Experience (1½ hrs)</b>	<b>BSS Experience (1½ hrs)</b>	<b>BSS Experience (1½ hrs)</b>	<b>BSS Experience (1½ hrs)</b>	<b>BSS Experience (1½ hrs)</b>	<b>BSS Experience (1½ hrs)</b>	
	<b>Mission: Integration!</b> Team games, icebreaker activities and challenges to encourage friendship, having fun and getting to know your setting.	<b>The Cube</b> Work as a team to partake in a range of challenges all designed to be completed in a small square. Don't let the pressure of the cube distract you from your mission.	<b>Capture the Flag</b> Work as a team to capture the opposing team's flag and bring it back to your base without getting tagged. Your strategic skills and teamwork will be tested.	<b>Task Master</b> Work as a team to complete creative and bizarre tasks set by the Task Master. This will test your skills, teamwork and agility.	<b>Lanterns</b> Work as a team to design and create lanterns for the 'Friday Let's Celebrate' ceremony. Designs represent national pride, your BSS journey and friendship.	<b>Let's Celebrate</b> Showcase the projects you have been working on, receive awards and join the disco with friend.	
20:30	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	
21:00	<b>House Meeting</b>	<b>House Meeting</b>	<b>House Meeting</b>	<b>House Meeting</b>	<b>House Meeting</b>	<b>House Meeting</b>	
22:15	Lights Out (13-14yrs)	Lights Out (13-14yrs)	Lights Out (13-14yrs)	Lights Out (13-14yrs)	Lights Out (13-14yrs)	Lights Out (13-14yrs)	Lights Out (13-14yrs)
23:00	Lights Out (16-18yrs)	Lights Out (16-18yrs)	Lights Out (16-18yrs)	Lights Out (16-18yrs)	Lights Out (16-18yrs)	Lights Out (16-18yrs)	Lights Out (16-18yrs)

For illustrative purposes only; actual activities and timings may be different.

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# Courses Available

## Footballers of the future



### AGES

Footballers welcomes players from 12-18 years.



### COURSE FORMAT

Footballers share BSS Experience and some cultural excursions with Citizens and Professionals.



### ENGLISH LEVELS

Footballers of the future welcomes students with English levels between A2 Elementary and C2 Proficiency. This course is also suitable for native English speakers.



### FOOTBALL LEVELS

Footballers require some previous football training. This course is suitable for players who are passionate about football, who regularly play football and who want to take their game to the next level.



### FOOTBALL FOR GIRLS

Girls are encouraged to join the programme in weeks 1 or 3.



### FOOTBALL FOR GOALKEEPERS

While no specific goalkeeper training is available, goalkeepers are welcome to join the programme.



### TRAINING KIT

All players receive a Nike in-line training kit.



### COACHES

All coaches undergo extensive Club training and are FA & UEFA-Qualified and work across both Academy and Player Development Programmes.



### COACHING RATIO

1 coach per 15 players maximum.



### LESSONS

30 hours per week:

- Workshops
- Strength & Conditioning
- Technical Training



### TECHNICAL TRAINING

Technical training consists of 25 hours of football coaching per week and enables students to develop their technical skills, tactical knowledge and physical literacy.



### TRAINING GROUPS

Players train in groups in accordance with their age and ability.



### STADIUM / TRAINING GROUND VISITS

Subject to availability and at the discretion of Tottenham Hotspur, players may be able to visit the Tottenham Hotspur Stadium and/or Training Ground.



### MISSION: INTEGRATION!

This takes place on Sunday evenings and consists of icebreaker and get-to-know-you activities to help new students integrate into school life and meet continuing students.



### BSS EXPERIENCE

This is our evening entertainment programme that consists of a series of fun challenges, games and social events designed to develop students personal and social skills, self-confidence, and authenticity.



### CULTURAL PROGRAMME

Saturday and Sunday excursions allow students to visit places of cultural or historical interest or take part in a recreational activity with their friends.



## Spurs Football Development

### CLUB HIGHLIGHTS

- Spurs Football Development is present in 20 countries around the world
- Spurs Football Development programmes combined welcome 75k participants annually
- The club plays in a league that is bigger than F1 and the NBA combined
- Tottenham Hotspur has 612m supporters globally
- The club has 123m social media followers

### VISION

To be one of the world's leading football Clubs renowned for a strong association with its community and a long tradition of developing young talent.

### VALUES

- Team Spirit
- Friendship
- Excellence
- Co-operation
- Effort
- Persistence
- Respect



\* This data is sourced from Spurs Football Development.

Suitable for players who are passionate about football, who regularly play football and who want to take their game to the next level.



Training Programme



Footballers of the future is designed and delivered in partnership with Spurs Football Development, and all football coaching sessions are delivered by accredited Spurs football coaches with a maximum ratio of 1 coach per 15 players.



WORKSHOPS

These sessions, delivered by British Summer School staff, are designed to improve and expand knowledge and understanding of some key elements that affect playing football at an advanced level and competing such as:

- Anatomy & Injury Prevention
- English for competitive sport
- Match Play Strategies
- Nutrition
- Personal Responsibility
- Resilience
- Sport Psychology
- Player development within the game environment



STRENGTH & CONDITIONING

These sessions, delivered by British Summer School staff, are designed to improve students' overall fitness, agility and speed to help them play better football:

- Understand the principles of athletic training
- Develop self-discipline and professional training habits
- Enhance physical performance
- Increase aerobic and anaerobic capacity
- Improve core stability & functional movement
- Develop agility, balance and coordination (ABC)



TECHNICAL TRAINING

These sessions, delivered by Spurs Football Development coaches, enable players to develop their technical skills and abilities and practise advanced match play strategies:

- Develop advanced football skills and techniques including dribbling, ball control, passing, shooting and 1v1 domination
- Practise advanced defensive and attacking tactics
- Participate in position-specific training
- Enhance tactical game play including play formations, spatial awareness and positioning
- Improve communication and teamwork through tactical briefings, team discussions, peer collaboration and match reviews
- Apply the rules and ethics of professional football



Technical training enables players to develop their technical skills, tactical knowledge and physical literacy.

TIMETABLE  
A typical week

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:30	<b>New students ARRIVAL DAY</b>	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	<b>Departing students</b>
08:00	Students can arrive at any time, but preferably in the afternoon.	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	<b>DEPARTURE DAY</b>
08:45		<b>Meeting</b>	<b>Meeting</b>	<b>Meeting</b>	<b>Meeting</b>	<b>Meeting</b>	Departing students should depart in the morning and cannot attend the excursion.
09:00		<b>Workshop (1hr)</b> Anatomy & Injury Prevention	<b>Strength &amp; Conditioning (1hr)</b>	<b>Workshop (1hr)</b> Nutrition	<b>Strength &amp; Conditioning (1hr)</b>	<b>Workshop (1hr)</b> Sport Psychology	<b>Continuing students</b>
10:00	<b>ALL DAY EXCURSION</b>  <b>City / Seaside Town Visit</b> Visit a local city or seaside town to explore the town / city, visit any local attractions, have a walk along the promenade, go to a café or go shopping.	<b>Football Training Session 1 (2hrs)</b> <b>Theme 1: 1v1 Domination</b> Using speed and skill to elude, evade and advance past an opponent you face.	<b>Football Training Session 1 (2hrs)</b> <b>Theme 2: 1v1 Domination</b> Using twists & turns to elude, evade and advance when you have received the ball with back to goal.	<b>Football Training Session 1 (2hrs)</b> <b>Theme 3: Brilliant Basics</b> Using both feet to pass, receive and move in certain moments of the game.	<b>Football Training Session 1 (2hrs)</b> <b>Theme 4: Overloads</b> How to exploit overloads & decision making.	<b>Football Training Session 1 (2hrs)</b> <b>Theme 5: Finishing</b> How to score using pace, skill, combinations, movement, and ball striking on the move.	<b>ALL DAY EXCURSION</b> <b>Tottenham Hotspur Stadium Tour*</b> Visit the Tottenham Stadium located in Tottenham, north London, and have an exclusive behind the scenes guided tour.
		All sessions also include technical DNA (ball juggling, dribbling, running with the ball, skill technique, and combinations).					<b>or London</b>
12:00		Lunch	Lunch	Lunch	Lunch	Lunch	Walking tour to see some of the famous sites such as 10 Downing Street, Big Ben, Buckingham Palace, Covent Garden, Houses of Parliament, Leicester Square, Oxford Street, Piccadilly Circus, Trafalgar Square.
13:00		<b>Football Training Session 2 (2hrs)</b> <b>Theme 1: 1v1 Domination</b> Continued	<b>Football Training Session 2 (2hrs)</b> <b>Theme 2: 1v1 Domination</b> Continued	<b>Football Training Session 2 (2hrs)</b> <b>Theme 3: Brilliant Basics</b> Continued	<b>Football Training Session 2 (2hrs)</b> <b>Theme 4: Overloads</b> Continued	<b>Football Training Session 2 (2hrs)</b> <b>Theme 5: Finishing</b> Continued	
15:00		Break	Break	Break	Break	Break	
15:30		<b>Football Training Session 3 (1 hr)</b> Tactical Game Play	<b>Football Training Session 3 (1 hr)</b> Tactical Game Play	<b>Football Training Session 3 (1 hr)</b> Tactical Game Play	<b>Football Training Session 3 (1 hr)</b> Tactical Game Play	<b>Football Training Session 3 (1 hr)</b> Games for Assessment	
16:30		Free Time	Free Time	Free Time	Free Time	Free Time	
18:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19:00	<b>BSS Experience (1½ hrs)</b> <b>Mission: Integration!</b> Team games, icebreaker activities and challenges to encourage Friendship, have fun and get to know your setting.	<b>BSS Experience (1½ hrs)</b> <b>The Cube</b> Work as a team to partake in a range of challenges all designed to be completed in a small square. Don't let the pressure of the cube distract you from your mission.	<b>BSS Experience (1½ hrs)</b> <b>Capture the Flag</b> Work as a team to capture the opposing team's flag and bring it back to your base without getting tagged. Your strategic skills and teamwork will be tested.	<b>BSS Experience (1½ hrs)</b> <b>Task Master</b> Work as a team to complete creative and bizarre tasks set by the Task Master. This will test your skills, teamwork and agility.	<b>BSS Experience (1½ hrs)</b> <b>Lanterns</b> Work as a team to design and create lanterns for the 'Friday Let's Celebrate' ceremony. Designs represent national pride, your BSS journey and friendship.	<b>BSS Experience (1½ hrs)</b> <b>Let's Celebrate</b> Showcase the projects you have been working on, receive awards and join the disco with friend.	Chill and Chat
20:30	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time
21:00	<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>
22:15	Lights Out (12-14yrs)	Lights Out (12-14yrs)	Lights Out (12-14yrs)	Lights Out (12-14yrs)	Lights Out (12-14yrs)	Lights Out (12-14yrs)	Lights Out (12-14yrs)
23:00	Lights Out (15-18yrs)	Lights Out (15-18yrs)	Lights Out (15-18yrs)	Lights Out (15-18yrs)	Lights Out (15-18yrs)	Lights Out (15-18yrs)	Lights Out (15-18yrs)

For illustrative purposes only; actual activities and timings may be different.





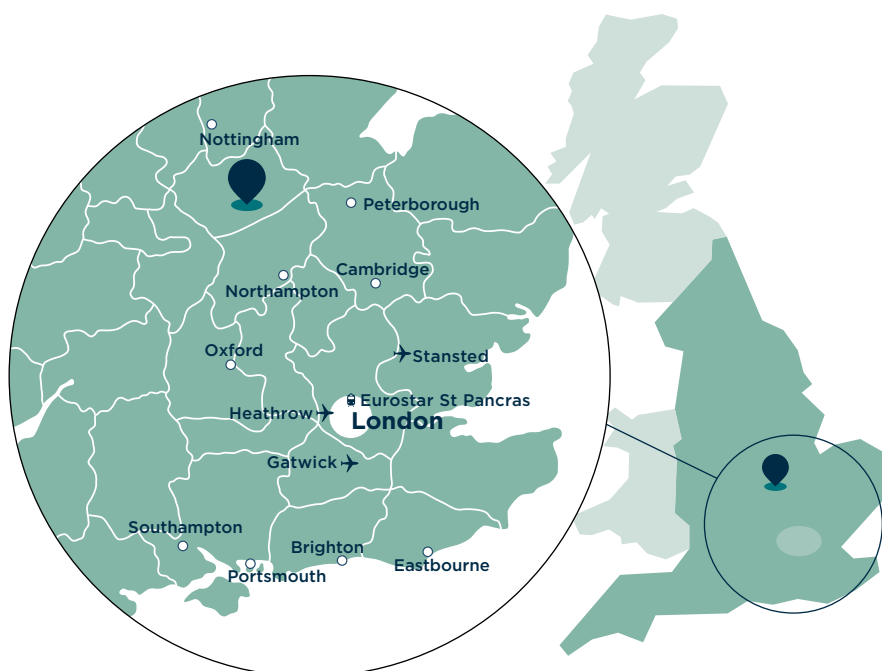


Uppingham School is located in the heart of the market town of Uppingham in the historic county of Rutland in central England north of Cambridge.

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