



**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

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Citizens of the future

Professionals of the future

CENTRE OVERVIEW

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

uppingham.co.uk



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

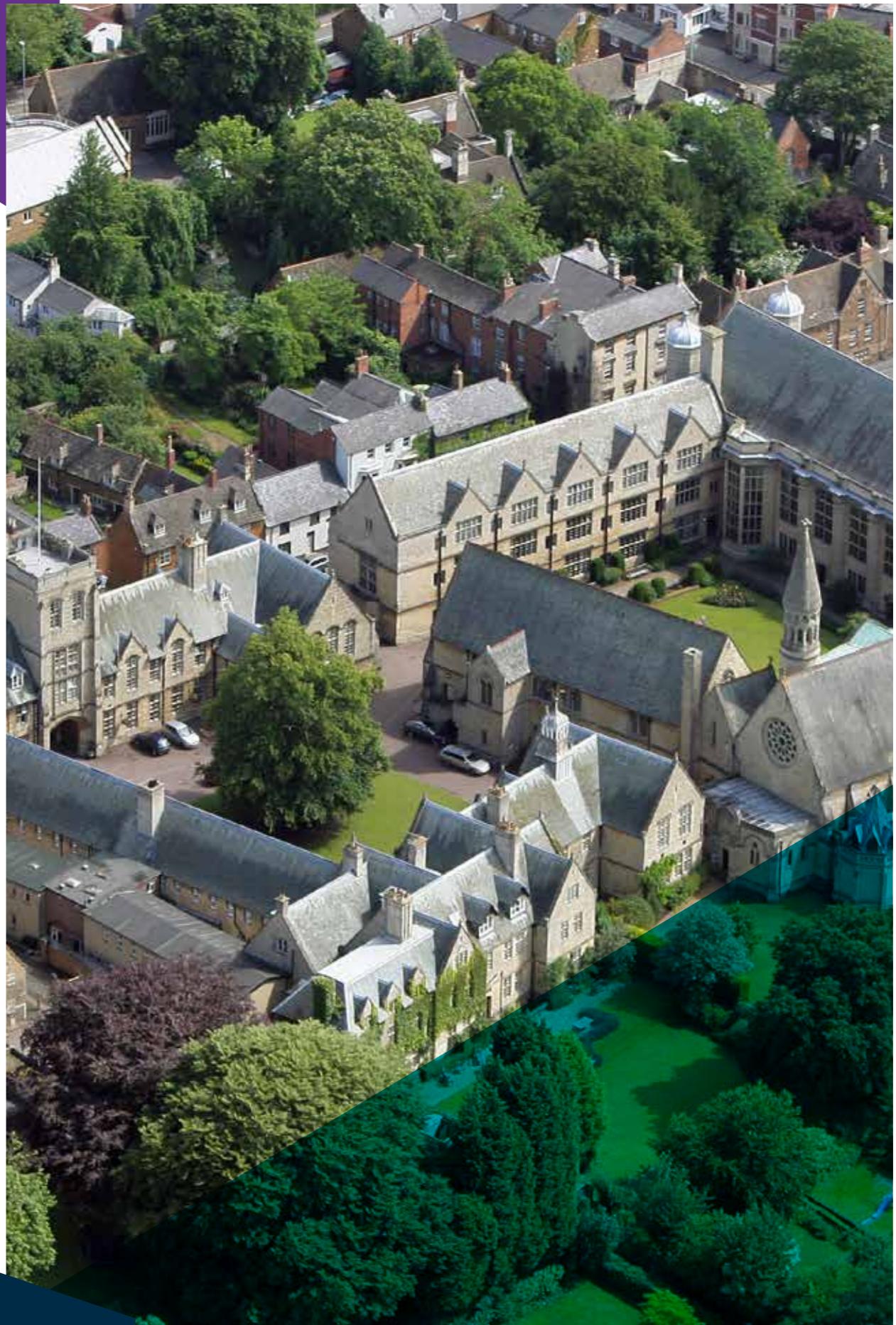
The Clubhouse is a social space where students can relax, socialise, and chat in an informal and comfortable setting.

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.



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Courses Available

Citizens of the future

Professionals of the future

Core
English
Optional

English
Lessons
Optional



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



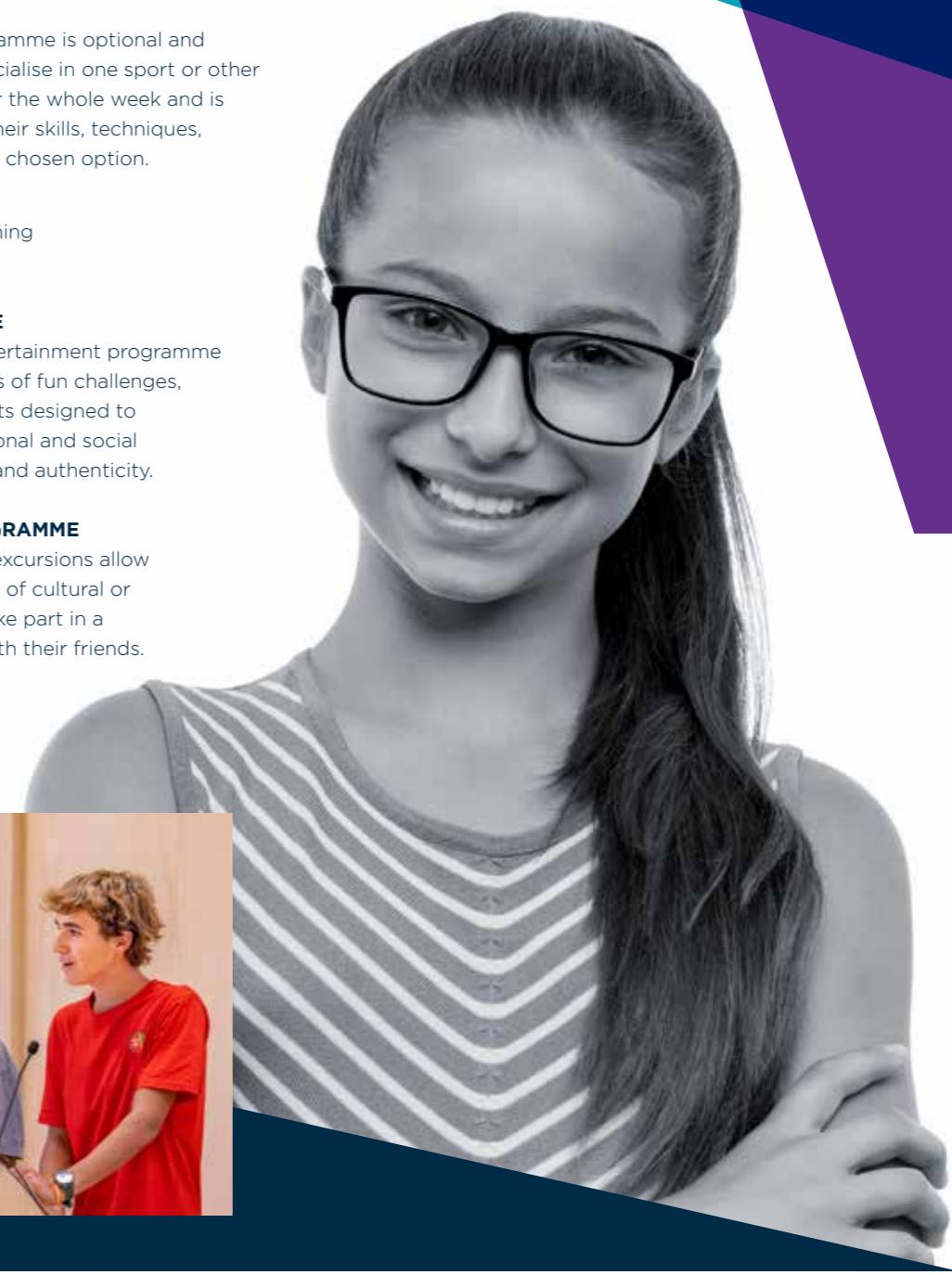
BSS EXPERIENCE

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	New students ARRIVAL DAY	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Departing students DEPARTURE DAY
08:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
08:45	Meeting	Meeting	Meeting	Meeting	Meeting	Meeting	
09:00	Continuing students ALL DAY EXCURSION	Core English (1½ hrs) What does true friendship mean? What attributes does an ideal friend have? How many true friends do you have?	Core English (1½ hrs) In pairs, make a list of the advantages and disadvantages of playing modern computer games.	Core English (1½ hrs) What domestic and global social media channels do you use, how often and what for?	Core English (1½ hrs) In pairs, research some basic facts about BREXIT and present your findings to the class.	Core English (1½ hrs) Revision Assessment True Me Reflection or Community Projects Letter to local MP	Continuing students ALL DAY EXCURSION
	City / Seaside Town Visit 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.	Sketch illustrating diversity	Community clean-up	Street Art mural	Newsletter about Home Solar Panels		London 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.
10:15	Break	Break	Break	Break	Break	Break	
10:30	Focus Communication (1½ hrs)	Focus Communication (1½ hrs)	Focus Communication (1½ hrs)	Focus Communication (1½ hrs)	Focus Communication (1½ hrs)	Focus Communication (1½ hrs)	
12:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
13:00	Learning & Innovation (1½ hrs)	Learning & Innovation (1½ hrs)	Learning & Innovation (1½ hrs)	Learning & Innovation (1½ hrs)	Learning & Innovation (1½ hrs)	Learning & Innovation (1½ hrs)	
14:15	Break	Break	Break	Break	Break	Break	
14:45	Sports & Leisure (1¾ hrs) Choose between: Football Volleyball Fitness Session Model Making Pro Options (1½ hrs)	Sports & Leisure (1¾ hrs) Choose between: Basketball Athletics Tennis Salsa Lesson Pro Options (1½ hrs)	Sports & Leisure (1¾ hrs) Choose between: Football Basketball Rounders Tennis Messy Games Landscape Painting Pro Options (1½ hrs)	Sports & Leisure (1¾ hrs) Choose between: Kwik Cricket Tennis Swimming Circuits Challenge Yoga Pro Options (1½ hrs)	Sports & Leisure (1¾ hrs) Choose between: Football Basketball Tennis Swimming Circuits Challenge Yoga Pro Options (1½ hrs)	Sports & Leisure (1¾ hrs) Choose between: Football Basketball Tennis Swimming Circuits Challenge Yoga Pro Options (1½ hrs)	
16:30	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	
18:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19:00	BSS Experience (1½ hrs) Mission: Integration!	BSS Experience (1½ hrs) The Cube 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.	BSS Experience (1½ hrs) Capture the Flag 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.	BSS Experience (1½ hrs) Task Master Work as a team to complete creative and bizarre tasks set by the Task Master. This will test your skills, teamwork and agility.	BSS Experience (1½ hrs) Lanterns 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.	BSS Experience (1½ hrs) Let's Celebrate 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	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting
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.



EXAM COURSES

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.



LEADERSHIP

Courses Available

Footballers of the future

With Tottenham Hotspur



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



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

* This data is sourced from Spurs Football Development.



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)



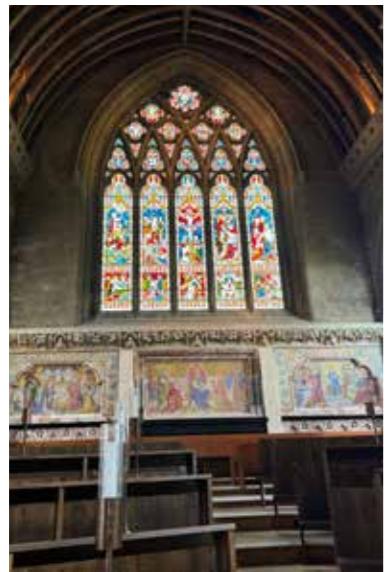
Technical training enables players to develop their technical skills, tactical knowledge and physical literacy.



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07:30	New students ARRIVAL DAY	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Departing students
08:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	DEPARTURE DAY
08:45	Meeting	Meeting	Meeting	Meeting	Meeting	Meeting	Departing students should depart in the morning and cannot attend the excursion.
09:00		Workshop (1hr) Anatomy & Injury Prevention	Strength & Conditioning (1hr)	Workshop (1hr) Nutrition	Strength & Conditioning (1hr)	Workshop (1hr) Sport Psychology	
10:00	Continuing students ALL DAY EXCURSION	Football Training Session 1 (2hrs) Theme 1: 1v1 Domination Using speed and skill to elude, evade and advance past an opponent you face.	Football Training Session 1 (2hrs) Theme 2: 1v1 Domination Using twists & turns to elude, evade and advance when you have received the ball with back to goal.	Football Training Session 1 (2hrs) Theme 3: Brilliant Basics Using both feet to pass, receive and move in certain moments of the game.	Football Training Session 1 (2hrs) Theme 4: Overloads How to exploit overloads & decision making.	Football Training Session 1 (2hrs) Theme 5: Finishing How to score using pace, skill, combinations, movement, and ball striking on the move.	Continuing students ALL DAY EXCURSION Tottenham Hotspur Stadium Tour* Visit the Tottenham Stadium located in Tottenham, north London, and have an exclusive behind the scenes guided tour.
12:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	or London
13:00		Football Training Session 2 (2hrs) Theme 1: 1v1 Domination Continued	Football Training Session 2 (2hrs) Theme 2: 1v1 Domination Continued	Football Training Session 2 (2hrs) Theme 3: Brilliant Basics Continued	Football Training Session 2 (2hrs) Theme 4: Overloads Continued	Football Training Session 2 (2hrs) Theme 5: Finishing Continued	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.
15:00	Break	Break	Break	Break	Break	Break	
15:30		Football Training Session 3 (1 hr) Tactical Game Play	Football Training Session 3 (1 hr) Tactical Game Play	Football Training Session 3 (1 hr) Tactical Game Play	Football Training Session 3 (1 hr) Tactical Game Play	Football Training Session 3 (1 hr) Games for Assessment	
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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.

UPPINGHAM SCHOOL

Oakham
LE15 9QD

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Accredited by the
 BRITISH COUNCIL
for the teaching of English in the UK

