

Step-Up English Language +

Acosta Dance Foundation

Sample Week

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07:30	Wake up						
08:00	Breakfast						
09:00	Meeting						

<p>09:15</p> <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>10:05 (Break)</p> <p>10:15</p> <p>11:05 (Break)</p> <p>11:15</p> <p>12:05 (Break)</p> <p>12:15</p> <p>12:45</p> <p>14:00</p> <p>14:15</p> <p>14:30 5-minute Drinks break</p> <p>15:30 5-minute Drinks break</p> <p>16:30</p> <p>17:15</p>	<p>Functional Language and Exploration Question</p> <p>Future Ready Mindset</p> <p>Human Insights & Leadership</p> <p>Strategic Communication</p> <p>Global Change: Sustainability & Innovation</p> <p>Digital Transformation</p> <p>Learning and Innovation</p> <p>Explore entrepreneurial success and reliability.</p> <p>Analyse an inspiring speech and write your own.</p> <p>Construct evidence-based persuasive arguments.</p> <p>Examine different stakeholders in global change.</p> <p>Research future technologies and formulate predictions.</p> <p>Ideas in Action</p> <p>Conversation Workshop</p> <p>Public Speaking Workshop with a focus on active listening.</p> <p>Topical Debate with a focus on strategic communication.</p> <p>Team Presentation & written article with a focus on systems.</p> <p>Business Exposition (Pitch) showcasing a future vision.</p> <p>Applied Skills: Reflection and Conclusions</p> <p>Spectrum of understanding.</p> <p>Peer-correction.</p> <p>Highlighting key factors.</p> <p>Question-led summation.</p> <p>Open-feedback.</p> <p>Lunch</p> <p>Meeting</p> <p>Meeting</p> <p>Meeting</p> <p>Meeting</p> <p>Pre-session preparation: Warm up, Fitness & Agility</p> <p>Fitness, Flexibility & Fundamentals</p> <p>Rythm & posture.</p> <p>Body control.</p> <p>Style & lines.</p> <p>Sequencing.</p> <p>Rehearsal & performance.</p> <p>New Choreography Learning and Practice</p> <p>Posture fundamentals and buiding a routine.</p> <p>Graceful body isolations, elegant body rolls and dramatic poses.</p> <p>Expressive arm work, classical lines, coordination of steps and arms.</p> <p>First half of the choreography, smooth transitions and dynamic focus.</p> <p>Finalising choreography & full routine practice.</p> <p>Group Performance Rehearsal</p> <p>Performance</p> <p>Active Recovery & Performance Review</p>	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.
		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.

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



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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. 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.	Functional Language: Language in Context Exploring the Camp Talking About the Past Living in the City: First Impressions Getting Started with Music Navigating the City					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. 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.	
10:05 (Break)		Real-life Communication through Skills-driven Learning 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.						
10:15		Ideas in Action (Collaborative Projects) 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.						
11:05 (Break)		Language Cup: Language in Action 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.						
11:15		Lunch Lunch Lunch Lunch Lunch						
12:05 (Break)		Meeting Meeting Meeting Meeting Meeting						
12:15		Pre-session preparation: Warm up, Fitness & Agility Fitness, Flexibility & Fundamentals Rythm & posture. Body control. Style & lines. Sequencing. Rehearsal & performance.						
12:45		New Choreography Learning and Practice Posture fundamentals and buiding a routine. Graceful body isolations, elegant body rolls and dramatic poses. Expressive arm work, classical lines, coordination of steps and arms. First half of the choreography, smooth transitions and dynamic focus. Finalising choreography & full routine practice.						
14:00		Group Performance Rehearsal Performance						
14:15		Active Recovery & Performance Review						
14:30		5-minute Drinks break						
15:30		5-minute Drinks break						
16:30		Dinner Dinner Dinner Dinner Dinner						
17:15		Welcome Event Meeting Meeting Meeting Meeting						

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