



# STEP-UP ENGLISH LANGUAGE + ARSENAL FOOTBALL

## STRONG YOUNG GUNNERS SAMPLE WEEK

FROM B2-C2

	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	<div>New students</div> <div>ARRIVAL DAY</div> <div>Students can arrive between 09:00 and 17:00, but preferably in the afternoon as there are no planned activities.</div> <div>Continuing students</div> <div>ALL DAY EXCURSION</div> <div>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.</div>	Functional Language and Exploration Question					<div>Departing students</div> <div>DEPARTURE DAY</div> <div>Students can depart between 09:00 and 17:00, but preferably in the morning as they do not attend the excursion.</div> <div>Continuing students</div> <div>ALL DAY EXCURSION</div> <div>Emirates Stadium visit and Workshop. Players will learn more about the home of Arsenal FC with an unique guided tour, visit the museum and armoury store. Our campers will also attend an exclusive workshop at the stadium.</div>
		Future Ready Mindset	Human Insights & Leadership	Strategic Communication	Global Change: Sustainability & Innovation	Digital Transformation	
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		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 focus on systems.	Business Exposition (Pitch) showcasing a future vision.	
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		Efficient Mover: Warm up, Fitness & Agility					
14:30		Champion Mentality: Technical Training (Skills)					
	Ball mastery & Dribbling.	Passing and Receiving.	Counter Pressing and Counter Attacking.	Shooting, finishing and ball striking.	Strong Young Gunners skills test.		
15:30	Effective Team Player: Tactical Training						
	Dominating lvl's in & out of possession.	Possession Principles on and off the ball.	Effective Transitioning.	Finishing the attack and decision-making.	Conditioned games and scenarios.		
16:30	Conditioned Match Play					Tournament	
17:15	Life Long Learner: 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

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Equipping students with research-backed skills of the future through English Language

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09:15	New students	Functional Language: Language in Context					Departing 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.	Exploring the Camp	Talking About the Past	Living in the City: First Impressions	Getting Started with Music	Navigating the City	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)		Real-life Communication through Skills-driven Learning						
10:15		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.		
11:05 (Break)		Ideas in Action (Collaborative Projects)						
11:15		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.	Continuing students	
		Language Cup: Language in Action						ALL DAY EXCURSION
12:05 (Break)								Emirates Stadium visit and Workshop.
12:15		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.	Players will learn more about the home of Arsenal FC	
								with an unique guided tour, visit the museum and armoury store.
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