

STEP-UP ENGLISH LANGUAGE + ARSENAL FOOTBALL

STRONG YOUNG GUNNERS SAMPLE WEEK

FOOTBALL
DEVELOPMENT

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:30	Wake up						
08:00	Breakfast						
09:00	Meeting						

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.	Functional Language and Exploration Question					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.	
	Future Ready Mindset	Human Insights & Leadership	Strategic Communication	Global Change: Sustainability & Innovation	Digital Transformation		
	Learning and Innovation						
	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.		
	Ideas in Action						
	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.		
	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.						
	Applied Skills: Reflection and Conclusions						
	Spectrum of understanding.	Peer-correction.	Highlighting key factors.	Question-led summation.	Open-feedback.		
	Lunch	Lunch	Lunch	Lunch	Lunch		
	Meeting	Meeting	Meeting	Meeting	Meeting		
	Efficient Mover: Warm up, Fitness & Agility						
	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.		
	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.		
	Conditioned Match Play					Tournament	
	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

exsportise
summer schools

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

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FOUNDATION ENGLISH LANGUAGE + ARSENAL FOOTBALL

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		Exploring the Camp	Talking About the Past	Living in the City: First Impressions	Getting Started with Music	Navigating the City			
		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.			
		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.			
		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.			
		Lunch	Lunch	Lunch	Lunch	Lunch			
		Meeting	Meeting	Meeting	Meeting	Meeting			
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