

Step-Up English Language + Basketball

Sample Week

Future Proof
Learning

	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 social influence.</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>Technical Training (Skills)</p> <p>Ball Handling, triple threat, layups and finishing.</p> <p>Shooting forms & Shot selection with off-the-ball movement.</p> <p>Passing fundamentals on the move.</p> <p>Defensive fundamentals on the ball and off the ball.</p> <p>Skills test and shooting competition.</p> <p>Tactical Training</p> <p>Spacing and attacking lanes, three man weave.</p> <p>Offence fundamentals vs zones, ½ courts or man-to-man.</p> <p>Creating attacking lanes with ball movement, fast break, etc.</p> <p>Defence principles - individual and team (Full court, half court or zone).</p> <p>Conditioned Scrimmage: 1v1, 3v3, and 5v5.</p> <p>Conditioned Match Play - 1v1, 2v2, 3v3 & 5v5</p> <p>Tournament</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

exsportise
summer schools

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

SCAN ME



Foundation English Language + Basketball

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