

# Step-Up English Language + Basketball Sample Week

	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	<b>New students</b>  <b>ARRIVAL DAY</b> Students can arrive between 09:00 and 17:00, but preferably in the afternoon as there are no planned activities.  <b>Continuing students</b>  <b>ALL DAY EXCURSION</b> 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.  5-minute Drinks break  5-minute Drinks break	<b>Functional Language and Exploration Question</b>					<b>Departing students</b>  <b>DEPARTURE DAY</b> Students can depart between 09:00 and 17:00, but preferably in the morning as they do not attend the excursion.
		<b>Future Ready Mindset</b>	<b>Human Insights &amp; Leadership</b>	<b>Strategic Communication</b>	<b>Global Change: Sustainability &amp; Innovation</b>	<b>Digital Transformation</b>	
10:05 (Break)		<b>Learning and Innovation</b>					
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.	<b>Continuing students</b>  <b>ALL DAY EXCURSION</b> 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.
11:05 (Break)		<b>Ideas in Action</b>					
11:15		<b>Conversation Workshop</b> with a focus on active listening.	<b>Public Speaking Workshop</b> with a focus on social influence.	<b>Topical Debate</b> with a focus on strategic communication.	<b>Team Presentation &amp; written article</b> with a focus on systems.	<b>Business Exposition (Pitch)</b> showcasing a future vision.	
12:05 (Break)		<b>Applied Skills: Reflection and Conclusions</b>					
12:15		Spectrum of understanding.	Peer-correction.	Highlighting key factors.	Question-led summation.	Open-feedback.	
12:45		<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	
14:00		<b>Meeting</b>	<b>Meeting</b>	<b>Meeting</b>	<b>Meeting</b>	<b>Meeting</b>	
14:15		<b>Pre-session preparation: Warm up, Fitness &amp; Agility</b>					
14:30		<b>Technical Training (Skills)</b>					
		Ball Handling, triple threat, layups and finishing.	Shooting forms & Shot selection with off-the-ball movement.	Passing fundamentals on the move.	Defensive fundamentals on the ball and off the ball.	Skills test and shooting competition.	
15:30		<b>Tactical Training</b>					
		Spacing and attacking lanes, three man weave.	Offence fundamentals vs zones, ½ courts or man-to-man.	Creating attacking lanes with ball movement, fast break, etc.	Defence principles - individual and team (Full court, half court or zone).	Conditioned Scrimmage: 1v1, 3v3, and 5v5.	
16:30	<b>Conditioned Match Play - 1v1, 2v2, 3v3 &amp; 5v5</b>					<b>Tournament</b>	
17:15	<b>Active Recovery &amp; Performance Review</b>						
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



# Foundation English Language + Basketball Sample Week

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09:00	Meeting	Meeting	Meeting	Meeting	Meeting	Meeting	Meeting	
09:15	<b>New students</b>	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.	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)						Continuing students
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.		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.
12:05 (Break)		Language Cup: Language in Action						
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.		
12:45		Lunch	Lunch	Lunch	Lunch	Lunch		
14:00		Meeting	Meeting	Meeting	Meeting	Meeting		
14:15		Pre-session preparation: Warm up, Fitness & Agility						
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