

Step-Up English Language + Hockey 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	<div><div>New students</div><div>ARRIVAL DAY 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 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><div>5-minute Drinks break</div><div>5-minute Drinks break</div><div>16:30</div><div>17:15</div></div>	Functional Language and Exploration Question					Departing students
10:05 (Break)		Future Ready Mindset	Human Insights & Leadership	Strategic Communication	Global Change: Sustainability & Innovation	Digital Transformation	DEPARTURE DAY Students can depart between 09:00 and 17:00, but preferably in the morning as they do not attend the excursion.
10:15		Learning and Innovation					
11:05 (Break)		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.	
11:15		Ideas in Action					
12:05 (Break)		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 a focus on systems.	Business Exposition (Pitch) showcasing a future vision.	
12:15		Applied Skills: Reflection and Conclusions					
		Spectrum of understanding.	Peer-correction.	Highlighting key factors.	Question-led summation.	Open-feedback.	
12:45							
14:00		Lunch	Lunch	Lunch	Lunch	Lunch	
		Meeting	Meeting	Meeting	Meeting	Meeting	
14:15		Pre-session preparation: Warm up, Fitness & Agility					
14:30		Technical Training (Skills)					
		Dribbling, ball control & receiving.	Passing, hitting and distribution.	Shooting and goal scoring.	Tackling, marking and pressing.	Skills test & goal scoring competiton	
15:30		Tactical Training					
		Match-play decision making, creating escape and supporting angles.	Creating passing lanes, support play, combinations and transferring the ball.	Attacking overloads, angle of attack & timings of runs forward.	Individual and support defending, pressing variations and shape.	Conditioned games 1v1, 2v2 and 5v5.	
16:30		Conditioned Match Play				Tournament	
17:15	Active Recovery, Stretching & 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



Foundation English Language + Hockey Sample Week

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09:00	Meeting	Meeting	Meeting	Meeting	Meeting	Meeting	Meeting
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.	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)	Continuing students	Ideas in Action (Collaborative Projects)					Continuing students
11:15	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.	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.	
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