

# Step-Up English Language + Multi-Sport Sample Week

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07:30	Wake up						
08:00	Breakfast						
09:00	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.	<b>Functional Language and Exploration Question</b> <table border="1"> <tr> <td>Future Ready Mindset</td><td>Human Insights &amp; Leadership</td><td>Strategic Communication</td><td>Global Change: Sustainability &amp; Innovation</td><td>Digital Transformation</td></tr> </table>					Future Ready Mindset	Human Insights & Leadership	Strategic Communication	Global Change: Sustainability & Innovation	Digital Transformation	<b>Departing students</b>
Future Ready Mindset	Human Insights & Leadership	Strategic Communication	Global Change: Sustainability & Innovation	Digital Transformation								
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.							
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 and Functional Movement</b>											
14:30	<b>Sports Session 1</b>				<b>Off-Site Activity</b>							
15:45 Drinks break within.	<b>Team Building</b> Orienteering.	<b>Net Games</b> Badminton - singles & doubles.	<b>Invasion Games</b> Basketball.	<b>Striking &amp; Fielding</b> Rounders.	<b>Outdoor Adventure</b> High Ropes (GoApe) or WaterSports							
17:00	<b>Sports Session 2</b>				Net games (on return)							
	<b>Net Games</b> Volleyball.	<b>Striking &amp; Fielding</b> Quick Cricket.	<b>Invasion Games</b> Flag football.	<b>Athletics</b> Sports Day.								
	<b>Active Recovery and Learning Review</b>											

17:45	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19:15	Welcome Event	Meeting	Meeting	Meeting	Meeting	Meeting	Meeting
19:30	<b>Entertainment: House Party</b>	<b>Entertainment: Icebreakers</b>	<b>Entertainment: Bramball</b>	<b>Entertainment: Choice Evening</b>	<b>Entertainment: Race Night</b>	<b>Entertainment: Awards Festival</b>	<b>Entertainment: Relaxed Games</b>
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 + Multi-Sport Sample Week

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07:30	Wake up						
08:00	Breakfast						
09:00	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>Functional Language: Language in Context</b>  Exploring the Camp   Talking About the Past   Living in the City: First Impressions   Getting Started with Music   Navigating the City					<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.
10:05 (Break)		<b>Real-life Communication through Skills-driven Learning</b>					
10:15	<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.	<b>Hobbies and Interests</b> - focusing on active listening and opinion exchange.	<b>Present Simple and Continuous: Daily Life</b> - expressing routines and current activities.	<b>Vocabulary Boost: Extreme Adjectives</b> - enhancing expressive conversations.	<b>Predicting the Future of Music</b> - discussing personal preferences and developing opinions.	<b>Video Diary: A Day in the Life</b> - using descriptive storytelling and communication skills.	<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 (Collaborative Projects)</b>					
11:15		<b>Tech-Free Zones and Personal Choices</b> - reflecting on use and routines.	<b>Favourite Things</b> - Using comparisons and explaining reasons of likes and dislikes.	<b>City vs Country</b> - developing analytical thinking.	<b>Technology and Music</b> - discussing future tech and impact on society.	<b>Reflection and Language Awareness</b> - noticing effective language choices.	
12:05 (Break)		<b>Language Cup: Language in Action</b>					
12:15		<b>Unravel</b> : using problem solving skills.	<b>Riddles</b> : building speed of responses.	<b>Short Expressive Presentations</b> (Public speaking).	<b>Team Debate</b> : Logical reasoning & active listening.	<b>Live Sports Commentary</b> : clear narration & diction.	
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 and Functional Movement</b>					
14:30 Drinks break within.		<b>Sports Session 1</b>				<b>Off-Site Activity</b>	
15:45 Drinks break within.		<b>Team Building</b> Orienteering.	<b>Net Games</b> Badminton - singles & doubles.	<b>Invasion Games</b> Basketball.	<b>Striking &amp; Fielding</b> Rounders.	<b>Outdoor Adventure</b> High Ropes (GoApe) or WaterSports	
17:00		<b>Sports Session 2</b>	<b>Net Games</b> Volleyball.	<b>Striking &amp; Fielding</b> Quick Cricket.	<b>Invasion Games</b> Flag football.	<b>Athletics</b> Sports Day.	Net games (on return)
		<b>Active Recovery and Learning Review</b>					

17:45	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19:15	Welcome Event	Meeting	Meeting	Meeting	Meeting	Meeting	Meeting
19:30	<b>Entertainment: House Party</b>	<b>Entertainment: Icebreakers</b>	<b>Entertainment: Bramball</b>	<b>Entertainment: Choice Evening</b>	<b>Entertainment: Race Night</b>	<b>Entertainment: Awards Festival</b>	<b>Entertainment: Relaxed Games</b>
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

