

Step-Up English Language +

Rugby

Sample Week

	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. 10:05 (Break) 10:15 11:05 (Break) 11:15 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. 12:05 (Break) 12:15 12:45 14:00 14:15 14:30 5-minute Drinks break 15:30 5-minute Drinks break 16:30 17:15	Functional Language and Exploration Question 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 a focus on systems. Business Exposition (Pitch) showcasing a future vision. 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 Pre-session preparation: Warm up, Fitness & Agility Technical Training (Skills) Ball handling, short and long passing. Offload and defence footwork. Types of kicking technique. Unopposed set piece techniques. Tactical Training Movement and support play (2v1, 3v2). Running lines and offloads. Offload decision, drift defence & transition defence press and recover. Application of kicking scenarios & counter-attacking structure. Attacking and defending set plays using the scrum and line outs. Conditioned Match Play 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

exsportise
summer schools

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

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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. 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.	Functional Language: Language in Context Exploring the Camp Talking About the Past Living in the City: First Impressions Getting Started with Music Navigating the City					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.	
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)						
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.		
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					Twickenham Stadium Tour and/or Academy Rugby Club Training Clinic	
14:30		Technical Training (Skills)						
15:30		Ball handling, short and long passing.	Offload and defence footwork.	Types of kicking technique.	Unopposed set piece techniques.			
16:30		Tactical Training						
17:15		Movement and support play (2v1, 3v2). Running lines and offloads.	Offload decision, drift defence & transition defence press and recover.	Application of kicking scenarios & counter-attacking structure.	Attacking and defending set plays using the scrum and line outs.			
	Conditioned Match Play							
	Active Recovery, Stretching & Performance Review							

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