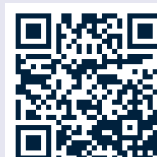


# Step-Up English Language + Rugby Sample Week

	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.  14:30 5-minute Drinks break  15:30 5-minute Drinks break  16:30  17:15	<b>Functional Language and Exploration Question</b>					<b>Departing students</b>	
		<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>	<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>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.	
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, Fitness &amp; Agility</b>						Twickenham Stadium Tour  and/or Academy Rugby Club Training Clinic
14:30		<b>Technical Training (Skills)</b>						
		Ball handling, short and long passing.	Offload and defence footwork.	Types of kicking technique.	Unopposed set piece techniques.			
15:30		<b>Tactical Training</b>						
		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.			
16:30	<b>Conditioned Match Play</b>							
17:15	<b>Active Recovery, Stretching &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 + Rugby 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>Functional Language: Language in Context</b>					<b>Departing students</b>		
10:05 (Break)	<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>Exploring the Camp</b>	<b>Talking About the Past</b>	<b>Living in the City: First Impressions</b>	<b>Getting Started with Music</b>	<b>Navigating the City</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.		
10:15		<b>Real-life Communication through Skills-driven Learning</b>							
11:05 (Break)		<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.			
11:15		<b>Ideas in Action (Collaborative Projects)</b>						<b>Continuing students</b>	
12:05 (Break)		<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.			
12:15		<b>Language Cup: Language in Action</b>							
		<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									
14:00		<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>			
		<b>Meeting</b>	<b>Meeting</b>	<b>Meeting</b>	<b>Meeting</b>	<b>Meeting</b>			
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		<b>Tactical Training</b>							
		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.				
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