

# Step-Up English Language + Tennis

## Sample Week

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07:30	Wake up						
08:00	Breakfast						
09:00	Meeting						

<b>09:15</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>New students</b> <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>					<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.	
		Future Ready Mindset	Human Insights & Leadership	Strategic Communication	Global Change: Sustainability & Innovation	Digital Transformation		
		<b>Learning and Innovation</b>						
		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>Ideas in Action</b>						
		Conversation Workshop	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.		
		<b>Applied Skills: Reflection and Conclusions</b>						
		Spectrum of understanding.	Peer-correction.	Highlighting key factors.	Question-led summation.	Open-feedback.		
		<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>		
		<b>Pre-session preparation: Warm up, Fitness &amp; Agility</b>						
		<b>Technical Training (Skills)</b>						
		Ground strokes - forehand and backhand.	Different serves and returns of serve, split step, etc	Net play, volleying, approach shots and footwork.	Counter-attacking and defensive play.	Skills test: ground strokes, serves and net play.		
		<b>Tactical Training</b>						
		Shot selection, using height & spin, and building points.	Serve variations (wide, body, etc), return choices, aggressive, etc.	When to approach, net positioning & doubles net tactics.	When to defend and counter-attack. Attacking short balls.	Singles and doubles match play preparation.		
		<b>Conditioned Match Play</b>					<b>Tournament</b>	
		<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 +

## Tennis

### Sample Week

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07:30	Wake up						
08:00	Breakfast						
09:00	Meeting						

<b>09:15</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>New students</b> <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: Language in Context</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.	
		Exploring the Camp	Talking About the Past	Living in the City: First Impressions	Getting Started with Music	Navigating the City		
		<b>Real-life Communication through Skills-driven Learning</b>						
		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.		
		<b>Ideas in Action (Collaborative Projects)</b>						
		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.		
		<b>Language Cup: Language in Action</b>						
		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.		
		Lunch	Lunch	Lunch	Lunch	Lunch		
		Meeting	Meeting	Meeting	Meeting	Meeting		
		<b>Pre-session preparation: Warm up, Fitness &amp; Agility</b>						
		<b>Technical Training (Skills)</b>						
		Ground strokes - forehand and backhand.	Different serves and returns of serve, split step, etc	Net play, volleying, approach shots and footwork.	Counter-attacking and defensive play.	Skills test: ground strokes, serves and net play.		
		<b>Tactical Training</b>						
		Shot selection, using height & spin, and building points.	Serve variations (wide, body, etc), return choices, aggressive, etc.	When to approach, net positioning & doubles net tactics.	When to defend and counter-attack. Attacking short balls.	Singles and doubles match play preparation.		
		<b>Conditioned Match Play</b>					<b>Tournament</b>	
		<b>Active Recovery &amp; Performance Review</b>						

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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



# Total Tennis (All-Day)

## 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>Pre-session preparation: Warm up, Fitness &amp; Agility</b>					<b>Departing students</b>
09:30	<b>ARRIVAL DAY</b>	<b>Technical Training (Skills)</b>					<b>DEPARTURE DAY</b>
5-minute Drinks break	Students can arrive between 09:00 and 17:00, but preferably in the afternoon as there are no planned activities.	Ground strokes - forehand and backhand.	Different serves and returns of serve, split step, etc	Net play, volleying, approach shots and footwork.	Counter-attacking and defensive play.	Skills test: ground strokes, serves and net play.	Students can depart between 09:00 and 17:00, but preferably in the morning as they do not attend the excursion.
10:30	<b>Continuing students</b>	<b>Tactical Training</b>					<b>Continuing students</b>
5-minute Drinks break		Shot selection, using height & spin, and building points.	Serve variations (wide, body, etc), return choices, aggressive, etc.	When to approach, net positioning & doubles net tactics.	When to defend and counter-attack. Attacking short balls.	Singles and doubles match play preparation.	
11:30	<b>ALL DAY EXCURSION</b>	<b>Conditioned Match Play</b>				<b>Tournament</b>	<b>ALL DAY EXCURSION</b>
12:15	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>Active Recovery &amp; Performance Review</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.
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>Sports Workshop</b>					
5-minute Drinks break		Understanding performance zones & opponent weaknesses.	Between point routine.	Match preparation.	Fueling for long matches and hydration.	Handling pressure moments.	
15:30		<b>Recovery &amp; Rehabilitation</b>					
5-minute Drinks break		Tennis specific stretching and breathing reset.	Band work and lower body mobility.	Foam rolling and shoulder mobility	Running mechanics	Specific strength and conditioning.	
16:15		<b>Technical Training (Skills)</b>					
5-minute Drinks break		Contact point precision.	Return aggressiveness	short ball attacking skills	Building a point	Tie break competitions	
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	<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

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