

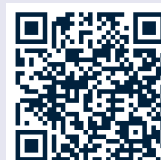
Step-Up English Language + Tennis Sample Week

	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	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. 5-minute Drinks break 5-minute Drinks break	Functional Language and Exploration Question					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.
		Future Ready Mindset	Human Insights & Leadership	Strategic Communication	Global Change: Sustainability & Innovation	Digital Transformation	
10:05 (Break)		Learning and Innovation					Research future technologies and formulate predictions.
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.		
11:05 (Break)		Ideas in Action					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.
11:15		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.	
12:05 (Break)		Applied Skills: Reflection and Conclusions					Open-feedback.
12:15		Spectrum of understanding.	Peer-correction.	Highlighting key factors.	Question-led summation.		
12:45		Lunch	Lunch	Lunch	Lunch	Lunch	
14:00		Meeting	Meeting	Meeting	Meeting	Meeting	
14:15		Pre-session preparation: Warm up, Fitness & Agility					
14:30		Technical Training (Skills)					
		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.	
15:30		Tactical Training					
	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.		
16:30	Conditioned Match Play						Tournament
17:15	Active Recovery & 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 + Tennis 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	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.	
12:45		Lunch	Lunch	Lunch	Lunch	Lunch	
14:00		Meeting	Meeting	Meeting	Meeting	Meeting	
14:15		Pre-session preparation: Warm up, Fitness & Agility					
14:30		Technical Training (Skills)					
		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.	
15:30	Tactical Training						
	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.		
16:30	Conditioned Match Play					Tournament	
17:15	Active Recovery & Performance Review						
17:45	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19:15	Welcome Event	Meeting	Meeting	Meeting	Meeting	Meeting	Meeting
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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

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5-minute Drinks break		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.		
10:30		Tactical Training						Singles and doubles match play preparation.
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.			
11:30		Conditioned Match Play						Tournament
12:15		Active Recovery & Performance Review						
12:45		Lunch	Lunch	Lunch	Lunch	Lunch		
14:00		Meeting	Meeting	Meeting	Meeting	Meeting		
14:15	Sports Workshop							
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	Recovery & Rehabilitation							
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	Technical Training (Skills)							
5-minute Drinks break	Contact point precision.	Return agressiveness	short ball attacking skills	Building a point	Tie break competitions			
17:15	Active Recovery & Performance Review							
17:45	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
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