

Step-Up English Language +

Volleyball

Sample Week



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

09:15 ARRIVAL DAY Students can arrive between 09:00 and 17:00, but preferably in the afternoon as there are no planned activities.	New students 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 and Exploration Question Future Ready Mindset Human Insights & Leadership Strategic Communication Global Change: Sustainability & Innovation Digital Transformation					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.	
		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						
12:05 (Break) 12:15 12:45 14:00 14:15 14:30 5-minute Drinks break	Technical Training (Skills)	Serve reception fundamentals, different types of serve, hitting and setting the back court attack.	Attacking approach footwork, timing and arm-swing, transition from reception to attack and in system setting tempos.	Blocking and defence preparation, movement and technique.	Attacking with the serve, finding an attacking and picking a service option.	Attacking options, hitting the whole court, tipping and placing the ball & using the block.	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.	
		Tactical Training	When and how to use the back court attack in different service reception formations.	Having and setting four attacking options on a perfect in system ball. Middle attack options and decisions.	Adjusting the block/defence to opponents preferences and team strengths.	Adapting reception and service to the needs of the game and setting when out of the system.		
15:30 5-minute Drinks break		Conditioned Match Play 4v4 & 6v6			Tournament			
16:30		Active Recovery, Stretching & Performance Review						

	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
17:45							
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 +

Volleyball

Sample Week

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

<p>09:15</p> <p>New students</p> <p>ARRIVAL DAY Students can arrive between 09:00 and 17:00, but preferably in the afternoon as there are no planned activities.</p> <p>10:05 (Break)</p> <p>10:15</p> <p>Continuing students</p> <p>11:15</p> <p>ALL DAY EXCURSION London Walking tour to see some of the famous sites such as Big Ben,</p> <p>12:05 (Break)</p> <p>12:15</p> <p>12:45</p> <p>14:00</p> <p>14:15</p> <p>14:30 5-minute Drinks break</p> <p>15:30 5-minute Drinks break</p> <p>16:30</p> <p>17:15</p>	<p>Functional Language: Language in Context</p> <p>Exploring the Camp</p> <p>Talking About the Past</p> <p>Living in the City: First Impressions</p> <p>Getting Started with Music</p> <p>Navigating the City</p> <p>Real-life Communication through Skills-driven Learning</p> <p>Hobbies and Interests - focusing on active listening and opinion exchange.</p> <p>Present Simple and Continuous: Daily Life - expressing routines and current activities.</p> <p>Vocabulary Boost: Extreme Adjectives - enhancing expressive conversations.</p> <p>Predicting the Future of Music - discussing personal preferences and developing opinions.</p> <p>Video Diary: A Day in the Life - using descriptive storytelling and communication skills.</p> <p>Ideas in Action (Collaborative Projects)</p> <p>Tech-Free Zones and Personal Choices - reflecting on use and routines.</p> <p>Favourite Things - Using comparisons and explaining reasons of likes and dislikes.</p> <p>City vs Country - developing analytical thinking.</p> <p>Technology and Music - discussing future tech and impact on society.</p> <p>Reflection and Language Awareness - noticing effective language choices.</p> <p>Language Cup: Language in Action</p> <p>Unravel: using problem solving skills.</p> <p>Riddles: building speed of responses.</p> <p>Short Expressive Presentations (Public speaking).</p> <p>Team Debate: Logical reasoning & active listening.</p> <p>Live Sports Commentary: clear narration & diction.</p> <p>Lunch</p> <p>Meeting</p> <p>Meeting</p> <p>Meeting</p> <p>Meeting</p> <p>Pre-session preparation: Warm up, Fitness & Agility</p> <p>Technical Training (Skills)</p> <p>Serve reception fundamentals, different types of serve, hitting and setting the back court attack.</p> <p>Attacking approach footwork, timing and arm-swing, transition from reception to attack and in system setting tempos.</p> <p>Blocking and defence preparation, movement and technique.</p> <p>Attacking with the serve, finding an attacking and picking a service option.</p> <p>Attacking options, hitting the whole court, tipping and placing the ball & using the block.</p> <p>Tactical Training</p> <p>When and how to use the back court attack in different service reception formations.</p> <p>Having and setting four attacking options on a perfect in system ball. Middle attack options and decisions.</p> <p>Adjusting the block/defence to opponents preferences and team strengths.</p> <p>Adapting reception and service to the needs of the game and setting when out of the system.</p> <p>Controlling the game, making tactical shifts as a until under pressure.</p> <p>Conditioned Match Play 4v4 & 6v6</p> <p>Active Recovery, Stretching & Performance Review</p>	<p>Departing students</p> <p>DEPARTURE DAY Students can depart between 09:00 and 17:00, but preferably in the morning as they do not attend the excursion.</p> <p>Continuing students</p> <p>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.</p>					
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