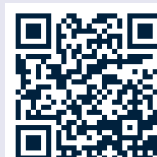
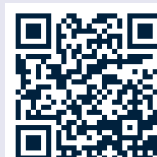


[illegible]

# Foundation English Language + Golf 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>	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, Stretching & Mobility					
14:30			Technical Training (Skills) Low-Handicap Golfers will receive further detailed analysis across sessions (i.e, Trackman)					
	Golf assessment and swing analysis.		Long iron and medium iron play.	Short & bunker play for short irons.	Putting and reading the green.	Driving off the tee.		
15:30	Tactical Training							
	Course assessment and etiquette clinic.	Shot making with long and medium irons; driving range and course practice.	Short & bunker play on course management practice.	Approach play, reading the green, and on-course management.	Driving & Putting competition. Tournament play.			
16:30	Conditioned Match Play On 9-Hole Course					Tournament		
17:15	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	



# Total Golf (All-Day)

## 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	Pre-session preparation: Warm up, Stretching & Mobility					Departing students	
09:30	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.	Technical Training (Skills) Low-Handicap Golfers will receive further detailed analysis across sessions (i.e, Trackman)					DEPARTURE DAY Students can depart between 09:00 and 17:00, but preferably in the morning as they do not attend the excursion.	
5-minute Drinks break		Golf assessment and swing analysis.	Long iron and medium iron play.	Short & bunker play for short irons.	Putting and reading the green.	Driving off the tee.		
10:30		Tactical Training					Continuing students	
5-minute Drinks break		Course assessment and etiquette clinic.	Shot making with long and medium irons; driving range and course practice.	Short & bunker play on course management practice.	Approach play, reading the green, and on-course management.	Driving & Putting competition. Tournament play.		
11:30		Conditioned Match Play On 9-Hole Course					Tournament	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.
12:15		Active Recovery, Stretching & Performance Review						
12:45		Lunch	Lunch	Lunch	Lunch	Lunch		
14:00		Meeting	Meeting	Meeting	Meeting	Meeting		
14:15	Sports Workshop					Tournament Preparation & performance review.		
5-minute Drinks break	Building pressure into practice.	Pre-shot routine & pressure control.	Scoring strategy & course management.	Mental toughness & competitive mindset.				
15:30	Recovery & Rehabilitation					Specific strength and conditioning.		
5-minute Drinks break	Golf specific strecthing and breathing reset.	Band work and lower body mobility.	Foam rolling and shoulder mobility	Core golf strength				
16:15	Technical Training (Skills)							
5-minute Drinks break	Contact drills	Ball flight shaping	Stoke consistency	Reading a putt under pressure	Tournament pressure			
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	

