



Step-Up English Language + Golf

Sample Week

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07:30	Wake up						
08:00	Breakfast						
09:00	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.	Functional Language and Exploration Question <table border="1"> <tr> <td>Future Ready Mindset</td><td>Human Insights & Leadership</td><td>Strategic Communication</td><td>Global Change: Sustainability & Innovation</td><td>Digital Transformation</td></tr> </table>					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. 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.
Future Ready Mindset	Human Insights & Leadership	Strategic Communication	Global Change: Sustainability & Innovation	Digital Transformation								
10:05 (Break)	Learning and Innovation											
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)	Ideas in Action											
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											
12:15	Spectrum of understanding.	Peer-correction.	Highlighting key factors.	Question-led summation.	Open-feedback.							
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)											
15:30	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.							
16:30	Tactical Training											
17:15	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.							
	Conditioned Match Play On 9-Hole Course					Tournament						
	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



Foundation English Language +

Golf

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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)		Ideas in Action (Collaborative Projects)						
11:15		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.		
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.		
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		Conditioned Match Play On 9-Hole Course					Tournament	
		Active Recovery, Stretching & Performance Review						

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Total Golf (All-Day) Sample Week

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11:30	Continuing students	Tactical Training					Continuing students
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12:45		Conditioned Match Play On 9-Hole Course					ALL DAY EXCURSION
14:00		Active Recovery, Stretching & Performance Review					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.
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16:15		Sports Workshop					
17:15		Building pressure into practice.	Pre-shot routine & pressure control.	Scoring strategy & course management.	Mental toughness & competitive mindset.	Tournament Preparation & performance review.	
		Recovery & Rehabilitation					
		Golf specific stretching and breathing reset.	Band work and lower body mobility.	Foam rolling and shoulder mobility	Core golf strength	Specific strength and conditioning.	
		Technical Training (Skills)					
		Contact drills	Ball flight shaping	Stroke consistency	Reading a putt under pressure	Tournament pressure	
		Active Recovery & Performance Review					

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