





# exsportise

## SUMMER SCHOOLS

## SAMPLE 2 WEEK COURSE:

# English + Dance

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
07:30	Wake Up															
08:00	Breakfast															
09:00	Morning Meeting															
09:15-10:15	<b>Arrival</b> 	Placement Testing	Functional Language	Functional Language	Functional Language	Functional Language	<b>Theme Park</b> 	<b>City visit</b> 	Functional Language	Functional Language	Functional Language	Functional Language	Functional Language	<b>Departure</b> 		
10:30-11:30		Skills Development	Skills Development	Skills Development	Skills Development	Skills Development			Skills Development	Skills Development	Skills Development	Skills Development	Skills Development			
11:45-12:45		Projects 21st Century Skills	Projects 21st Century Skills	Projects 21st Century Skills	Projects 21st Century Skills	Progress Test			Projects 21st Century Skills	Projects 21st Century Skills	Projects 21st Century Skills	Projects 21st Century Skills	Progress Test			
13:00		Lunch							Lunch							
14:00		Afternoon Meeting							Afternoon Meeting							
14:15-15:15		fitness work, flexibility, body alignment) New choreography learning and practice Group choreography With music Cool-down	Corner work, Fitness & flexibility, Floor work & technique, Body alignment & placement, choreography practice Group Work	Corner work Floor work & Technique Step execution New choreography learning and practice Complete set with music Cool-down	Floor work & technique Finish off both routines Group choreography and video analysis	Polish routines and Prepare for evening performance Inject "fun" element Practice with small audience, Performance	fitness work, flexibility, body alignment) New choreography learning and practice Group choreography With music Cool-down	Corner work, Fitness & flexibility, Floor work & technique, Body alignment & placement, choreography practice Group Work	Corner work Floor work & Technique Step execution New choreography learning and practice Complete set with music Cool-down	Floor work & technique Finish off both routines Group choreography and video analysis	Polish routines and Prepare for evening performance Inject "fun" element Practice with small audience, Performance					
15:30-16:30																
16:45-17:45																
18:00		Dinner														
19:30		Evening Meeting														
19:30-21:30	<b>Welcome Evening</b> (Icebreakers)	<b>Social Challenge</b> (Group Identity games)	<b>Mental Challenge</b> (Escape Game)	<b>Physical Challenge</b> (Olympic Games)	<b>Fun Challenge</b> (Talent Show)	<b>Celebration</b> (Disco Night)	<b>Relaxation</b> (Small games & Movie)	<b>Welcome Evening</b> (Icebreakers)	<b>Social Challenge</b> (Create a country)	<b>Mental Challenge</b> (Orienteering & Discovery)	<b>Physical Challenge</b> (Carlo ball tournament)	<b>Fun Challenge</b> (Treasure hunt)	<b>Celebration</b> (Festival Night)			
21:30-22:30	Bedtime (depending on age)															
21:30-23:00	Lights Out (Depending on age)															

\*2 WEEK STUDENTS WILL RECEIVE FURTHER ATTENTION TO DETAIL IN THEIR SECOND WEEK WITH MORE VARIED DRILLS ACCORDING TO ABILITY

PLEASE NOTE ALL SESSIONS ARE EXAMPLES AND ARE SUBJECT TO CHANGE EACH WEEK. ENGLISH CAN TAKE PLACE IN EITHER THE MORNING OR AFTERNOON