



# Sample Language Plus Dance Programme

(this is a sample programme only and changes are at the discretion of the Head Coach)

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mornings	<div></div> <div>Arrival</div>	Breakfast & Morning Meeting					<div>Departure</div> <div></div>
Lesson 1		Warm-up (fitness work, flexibility, body alignment)	Warm-up Corner work Fitness & flexibility	Warm-up Corner work	Warm-up Corner work	Warm-up Corner work	
Lesson 2		New choreography learning and practice	Floor work & technique, body alignment & placement	Floor work & technique Step execution New choreography	Floor work & technique Finish off both routines	Floor work & technique Polish routines	
Lesson 3		Group choreography with music Cool-down	New choreography learning and group work Cool-down	Complete set with music Cool-down	Group choreography and video analysis Cool-down	Prepare for evening performance Practice with small audience	
Afternoons		Lunch, Afternoon Meeting & Free Time					
Lesson 1		English assessment & tour of centre	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	Grammar & Vocabulary (Core English)	
Lesson 2		Grammar & Vocabulary (Core English)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	Reading/listening, Writing/speaking (Integrated Skills)	
Lesson 3		Reading/listening, Writing/speaking (Integrated Skills)	Project (Collaboration)	Project (Collaboration)	Project (Collaboration)	Project (Collaboration) Progress test	
		Dinner, Free Time, Evening Entertainment & Bed Time					

**Please note:**  
English lessons can take place in the mornings or the afternoons