



Sample Language Plus Dance Programme

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

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Breakfast & Morning Meeting					
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	Floor work & technique	Floor work & technique	
Lesson 3	 Arrival	New choreography learning and practice	New choreography learning and practice	New choreography learning and practice	Finish off both routines	Polish routines and Prepare for evening performance	Departure 
Lesson 4		Group choreography With music Cool-down	Group Work Cool-down	Complete set with music Cool-down	Group choreography and video analysis Cool-down	Inject "fun" element Practice with small audience	
		Lunch, Afternoon Meeting & Free Time					
Lesson 5		English assessment & tour of centre	Grammar study skills	Grammar study skills	Grammar study skills	Grammar study skills	
Lesson 6		English assessment Grammar study skills	Listening and speaking	Listening and speaking	Listening and speaking	Listening and speaking	
Lesson 7		Vocabulary & learner review	Vocabulary & learner review	Vocabulary & learner review	Vocabulary & learner review	Vocabulary & learner review	
Lesson 8		Project	Project	Project	Project	Progress test	
		Dinner, Free Time, Evening Entertainment & Bed Time					

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