

H

I P

SPRING FOCUS ACTIVITIES



Stage and Screen Acting

You will develop confidence and communication skills as you gain experience working behind and in front of a professional camera. Additionally, you will use improvisation techniques, select and rehearse short scripts and perform group scenes on camera.

Football

You will develop skills and game play strategies, whist building teamwork and communication. Players will learn and practise level-appropriate techniques and advance abilities through scrimmages on full-sized pitches. Smaller five-a-side pitches will also be used for speed drills and agility.

Tennis (, , , , , ,))
You will learn the rules

and etiquette of the game and develop the skills and techniques of tennis according to your level. After working on serving, returning, court positioning and ball control, you will engage in practice matches and receive feedback from the coach.



Great British Bake Off

You will learn the art of baking and techniques to produce a range of traditional British baked goods with a professional pastry chef – scones, Scottish shortbread, butterfly cakes, pastries or Bakewell tarts. At the end of the week, you will have compiled your own recipe books and journals so that you can make more scrumptious treats back home.

Arts and Crafts

You will learn about and gain hands-on experience of a variety of artistic styles and mediums that might include; sculpture, block printing,



watercolours, batik and clay crafts. Using known artists as inspiration and learning to develop their own ideas, your creations will be displayed at the end of the week.

Krav Maga

Krav Maga is a practical self-

defence system that helps participants to keep fit and improve social interaction, focus and concentration. During this introduction to Krav Maga, you will learn the basics of the sport while working on overall strength and fitness.



EXAMPLE SCHEDULE

08.20-08.35 8.45-10.15 10.15-10.45 10.45-12.15 12.15-13.00 13.00-14.45 14.45-15.00 15.00-17.15 17.15-18.00 18.00-19.00 19.00-21.30 21.30-22.00

