NOVUS ACADEMY

DAY ONE — DAILY TIMETABLE

MUSICAL THEATRE · HOCKEY | 9:00 AM – 4:00 PM

9:00 AM — PREP SCHOOL HALL

ACADEMY ARRIVAL & WELCOME

Registration, meet the Academy team and introduction to the day. A shared start for everyone before each Academy moves into its specialist environment.

9:25 AM

ACADEMY SPLIT

MUSICAL THEATRE → STUDIO

HOCKEY → ASTRO

Move into your Academy space, get prepared and get ready to begin.

9:30–10:45 AM

SESSION 1 DISCOVER

Explore the skills, techniques and ideas at the heart of your Academy. The first focused session introduces the core themes for the day, led by our specialist Academy team.

10:45–11:15 AM

BREAK RESET

Snack, drink, chill and reset. Time away from the session to recharge before we go again.

11:15 AM–12:30 PM

SESSION 2 DISCOVER

Build confidence, explore further and start putting new skills into practice. Each Academy will look different, with sessions shaped specifically around Musical Theatre or Hockey.

12:30–1:30 PM

LUNCH

A proper hour to eat, relax and spend time with the wider Academy group.

1:30–2:30 PM

SESSION 3 DISCOVER → DEVELOP

Take what we have learned and start turning it into something. Skills begin to connect as groups work towards the challenge, game or final outcome that defines their Academy.

2:30–2:45 PM

RESET BREAK

15 minutes to clear the brain. Drink, snack, breathe and reset before the final session of the day.

2:45–3:45 PM

SESSION 4 DEVELOP

Bring the day's work together. Develop, rehearse, practise and prepare, with a clear focus on progression towards Day Two.

3:45–4:00 PM

REVIEW & DAY TWO PLAN

Pack up. Tidy. Review the day. Plan the next challenge. What did we discover? What improved? What are we working towards tomorrow?

4:00 PM

ACADEMY FINISH & COLLECTION

Collection from the agreed Academy collection point.

THE NOVUS ACADEMY FORMAT

One Academy structure. Different specialist experiences.

This timetable runs consistently across NOVUS Academy, giving every child a clear rhythm while allowing our specialist leads to shape each session around their Academy.

Musical Theatre may move between singing, acting, choreography, character work and rehearsal.

Hockey may combine technical development, tactical understanding, challenges, games and competition.

The timetable stays consistent. **The Academy experience inside it does not.**

DAY ONE

DISCOVER → DEVELOP

DAY TWO

DEVELOP → PERFORM

Discover the skills. Develop the work. Perform it together.

NOVUS ACADEMY

DAY TWO — DAILY TIMETABLE

MUSICAL THEATRE · HOCKEY | 9:00 AM – 4:00 PM

9:00 AM — PREP SCHOOL HALL

ACADEMY ARRIVAL & WELCOME

Welcome back, recap the journey so far and set the focus for Day Two. Today is about taking everything built yesterday and bringing it together.

9:25 AM

ACADEMY SPLIT

MUSICAL THEATRE → STUDIO

HOCKEY → ASTRO

Return to your Academy environment, reconnect with the group and prepare for the final day.

9:30–10:45 AM

SESSION 1 **DEVELOP** — RECAP

Reconnect with the work from Day One. Recap the key skills, ideas, routines, songs, scenes or technical elements and rebuild confidence as a group. **Remember it. Refine it. Build on it.**

10:45–11:15 AM

BREAK **RESET**

Snack, drink, chill and reset.

11:15 AM–12:30 PM

SESSION 2 **DEVELOP**

Bring the individual elements together. Refine, rehearse, practise and connect everything learned across the Academy so the group is ready for the afternoon.

For **Musical Theatre**, the different elements begin to form the complete show or act. For **Hockey**, technical skills and tactical ideas begin to form the way the group will play and compete.

12:30–1:30 PM

LUNCH

Eat, relax and reset. The development phase is complete. **After lunch, it is time to perform.**

1:30–2:30 PM

SESSION 3 **PERFORM**

Put everything into action. The afternoon is about using the skills developed across both days in the complete Academy experience.

Musical Theatre: bring acting, singing, choreography and character together into the show. **Hockey:** bring technical skills, tactics and teamwork together through games and competition.

2:30–2:45 PM

RESET BREAK

15 minutes to regroup and reset. Reflect, recharge and prepare for the final session.

2:45–3:45 PM

SESSION 4 **PERFORM**

Everything developed across the two days comes together. Perform the show. Play the games. Compete. Work as a team. Put the learning into practice. **This is what the Academy has been building towards.**

3:45–4:00 PM

ACADEMY FINALE & REVIEW

Celebrate the two-day Academy journey. Review what was discovered, what developed and what was achieved when everything came together. Pack up, tidy and prepare for collection.

4:00 PM

ACADEMY FINISH & COLLECTION

Collection from the agreed Academy collection point.

THE NOVUS ACADEMY FORMAT

Day Two brings everything together.

Day One is about discovering and developing the skills, ideas and content. Day Two begins by reconnecting, refining and developing that work further before moving into performance.

For **Musical Theatre**, the final outcome may be a show, act or performance bringing together singing, acting, choreography and character work.

For **Hockey**, the final outcome may be games, challenges or competition, bringing together technical skills, tactical understanding and teamwork.

Every session builds towards the final Academy experience.

DAY ONE **DISCOVER → DEVELOP**

DAY TWO **DEVELOP → PERFORM**

Discover the skills. Develop the work. Perform it together.