

ASA Secondary School

The After-School Activities (ASA) programme goal is to help lay the groundwork for young people to remain active and involved throughout their life.



ASA Secondary School

Within the holistic framework of ISL the ASA programme aims to provide every student with the opportunity to explore their talents, develop new skills and be successful beyond the classroom. By trying out new things, young people discover what they are good at, and are motivated to succeed. By providing the opportunity to increasingly specialise, we allow students to understand the need for commitment and hard work. By providing a developmentally appropriate route we encourage young people to remain active and involved throughout their life.



Y7-Y10 Tennis

If you would like to start or try a new sport like tennis, or if you would like to continue to play tennis, we have many opportunities! We offer recreational and competition teams.

You will learn and develop your technique and match play through mini-games and challenges on court.



Y7-Y12 Cross Country Recreational

This activity is a chance for you to enjoy and improve your running ability in an outdoor natural environment. The majority of practices take place in Sauvabelin, a forest very close to the school. An opportunity to relax and unwind after a day at school.

Cross Country is also an excellent activity for all sports team players who want to improve or maintain their fitness.



Y7-Y13 Beekeeping

This activity will be offered closer to Spring Term. Learn the life of bees, an exciting and influential activity for all those who want to find out how to keep bees and make products out of the honey they produce, this is the activity for you! You are certain to learn something you never knew before!

Concert Band



Y7-Y13 Concert Band

The Concert Band began in 2008 and is now a well-known musical force at ISL! Do you take private lessons on an instrument, want to experience what it's like to play in an orchestra with your friends? Then the Concert Band might just be the activity for you!

Creative WRITING



Y7-Y13 Creative Writing

You will have the chance to creatively express yourself and learn about the writer's craft by exploring a range of effective tools that real writers use. You will write, revise, workshop pieces, write some more, and run a weekly blog where you will have the opportunity to publish work to the wider ISL audience.



Y7-Y13 Highly Strung

Highly Strung is an orchestral string ensemble that performs covers of popular songs. This is ISL's newest instrumental ensemble with their debut performance at the Gala Concert.



Y7-Y13 Lunch-time Drama Sessions

Do you love drama? Just want to do more? ISL drama club is for you!

Open to students from Year 7-13 this lunchtime club will explore, play, rehearse and much more. A chance to develop your drama skills, learn some new ones and meet new people. Actors, directors and anyone else welcome! Come along - we can't wait to see you.



Y7-Y13 Mahjong

Come and join the world of mind sports where Mahjong (麻将) is one of the leading games in Asia. Mahjong is a four-player, tile strategy game where individuals pit their wits and skills against each other whilst developing their memory and sharpening of the mind. Mahjong caters to individuals who love to play at a leisure pace or those who like the adrenaline rush of being in competition mode. It is an exciting and fun game which anyone can participate in. Come and join us now!



Y7-Y13 NoteOrious Voices (Choir)

You will sing songs from all genres with this choir. We will sing in four parts, and sometimes a cappella, but mostly with enthusiasm!

The NoteOrious Voices will perform at all major concerts in the year, and also at additional performance activities such as at local retirement homes.



Y7-Y13 Track and Field Boys Recreational

The focus for secondary school Track and Field athletes is on building stable foundations for movement coordination, balance, flexibility, speed and endurance. This all happens in a fun, challenging environment, where everyone has the opportunity to succeed, try new things and maybe discover their hidden talent.



Y7-Y13 Track and Field Cat A-D Boys

The focus for secondary school Track and Field runners is on building stable foundations for movement coordination, balance, flexibility, speed and endurance. One of the goals is to prepare you for the competition season emphasising physical and mental preparation as well as continuing to develop the basic aspects of the individual disciplines.



Y7-Y13 Track and Field Cat A-D Girls Competition

The focus for secondary school Track and Field athletes is on building stable foundations for movement coordination, balance, flexibility, speed, strength and endurance. One of the goals is to prepare you for the competition season emphasising physical and mental preparation as well as continuing to develop the technical aspects of the individual events.



Y7-Y13 Track and Field Girls Recreational

The focus for secondary school Track and Field athletes is on building stable foundations for movement coordination, balance, flexibility, speed and endurance. This all happens in a fun, challenging environment, where everyone has the opportunity to succeed, try new things and maybe discover their hidden talent.



Y7-Y13 Volleyball Cat A-D Boys Competition

This is a great activity for team play. You will compete against other schools in the different sport leagues and tournaments. Learning what it means to work as a team, find your strengths, learn, grow and make new friends.



Y7-Y13 Volleyball Boys Recreational

This is the chance to learn the basics of volleyball in a fun environment and to find out if this is your “new” sport! All students are welcome. Practices are being held in ISL’s Sports Hall. You may discover a hidden talent for that you never knew you had. And why not make a few new friends along the way?



Y7-Y13 Art Wonders of Clay

Come! Join us and learn how to create your own crazy, zany creature sculptures. You will be introduced to the art of ceramics and be given the opportunity to create clay-works using various techniques, coupled with dynamic and interesting artistic themes. Let your creativity flow through your hands and discover for yourself the therapeutic wonders of clay.

Cost per term: CHF 50



Y7-Y13 Woodwork

You will be taught to make a range of woodworking techniques which will enable you to create your own beautifully crafted wooden products. We will also look to a variety of international designers, architects and carpenters for inspiration to see how they manipulate the material to realise their ideas. This after-school activity is a hands-on ASA aimed at complimenting design skills, no experience necessary!



Y7-Y8 Football Cat D Boys Competition

The coaches are focusing on creating a strong cohesive group of friends that can rely on each other and think constantly as a team. Each practice will be divided in two main blocks, where they will work on a particular skill sets and secondly they will do small sided games or matches where the practiced skills can be applied to a match situation. The results in the competitions should be the fruit of their hard work, dedication and commitment to the team.



Y7-Y9 Badminton Cat C-D Competition

You will learn fundamental skills in a fun environment with a focus on playing games and improving your badminton technique. With the team, you will work towards representing ISL in competitions against other schools. Compete and challenge yourself to be as good as you can possibly be.



Y7-Y9 Badminton Recreational

Would you like to engage in match play and gain court fitness in the off-season? Then this is the activity to sign up for! You will play recreational badminton games against your friends to get you ready for the competition season, or just come along and play the game for fun and fitness!



Y7-Y9 Basketball Cat C-D Boys Competition

At Middle School level, the focus remains on teaching the fundamentals (dribbling, passing, shooting, positions etc.) through fun drills/games and to begin to learn an offensive system (triangle offense for youth), which will be developed as players move onto the next categories.



Y7-Y9 Basketball MS Boys Recreational

You don't have to be over 2 meters to play, basketball is all inclusive and everyone is welcome. Come and find out if this is the sport for you. No competitions or pressure, just fun games with friends. Great off-season training and opportunity to try something brand new.



Y7-Y9 Dance

Dance sessions develop the students the coordination, the sense of the rhythm, the synchronization and the memorization. Learning how to work in groups is a fundamental aspect of dance. Based on this, the students learn to work together to succeed; they learn to accept the differences of the others and become aware of how to improve personally.



Y7-Y9 Football Cat C-D Girls Competition

The coaches are focusing on creating a strong cohesive group of friends that can rely on each other and think constantly as a team. Each practice will be divided in two main blocks, where they will work on a particular skill sets and secondly they will do small sided games or matches where the practiced skills can be applied to a match situation. The results in the competitions should be the fruit of their hard work, dedication and commitment to the team.



Y7-Y9 Football Mixed Indoor Recreational

During Winter Term indoor football is offered for middle school and high school. There will be one team mixed team of each, due to ISL's Sports Hall's availability



Y7-Y9 Indoor Bouldering at le Cube

Students will develop physical strength, perseverance, and an appetite for progression. Bouldering is also an activity which develops strong camaraderie between individuals and a great way to release energy after a long day at school!



Y7-Y9 iTime-Innovation and Open Sourced Learning

iTime is your opportunity to follow your interests and passions. The world not only needs problem solvers but problem finders. In this ASA, you will be supported in finding problems worth solving and thinking creatively to design solutions. Why not start your own business? All is possible with a bit of iTime!



Y7-Y9 Math Enrichment

An opportunity for you, as a secondary school student, to explore challenging mathematical problems and puzzles from the Nrich website from the University of Cambridge.

Each month you will submit online solutions to the featured problems with the aim of them being published on the site. This activity will expose you to a variety of mathematical challenges and help you develop your problem solving and communication skills.



Y7-Y9 Netball Cat C-D Competition

Most girls will have their first experience of playing netball at school. We want to ensure that experience is pleasurable and instils a lifelong love of the game. The learning of positional roles and team cohesion are focused on throughout the season.



Y7-Y9 Swimming Cat C-D Competition

On the swim team, you will develop your swimming technique in a playful environment. During training, you will explore the swimming pool, use the diving boards, and participate in fun physical activity. While competitive swimming is an individual sport, you will be part of a team which comes with certain responsibilities and expectations, such as determination, motivation, and supporting your teammates.



Y7-Y9 Tennis Competition

The competition teams will represent ISL in various school and Swiss Tennis Interclubs competitions.



Y7-Y9 Volleyball Cat C-D Girls

Being part of the Middle School girls' team, you will learn fundamental volleyball skills in a fun environment with a focus on the importance of teamwork and good sportsmanship. You will work towards representing ISL in matches against other schools.



Y7-Y9 Volleyball Girls Recreational

This is the chance to learn the basics of volleyball in a fun environment and to find out if this is your "new" sport! All students are welcome. Practices are being held in ISL's Sports Hall. There is no better opportunity to make new friends and learn a new skill at the same time.



Y8-Y9 Football Cat C Boys Competition

The coaches are focusing on creating a strong cohesive group of friends that can rely on each other and think constantly as a team. Each practice will be divided in two main blocks, where they will work on a particular skill sets and secondly they will do small sided games or matches where the practiced skills can be applied to a match situation. The results in the competitions should be the fruit of their hard work, dedication and commitment to the team.



Y8-Y13 Dynamic Yoga

Dynamic Yoga is a great way to get fit, flexible and happy. It boosts your performance in other sports and competitions, and helps you avoid sports injuries. It improves muscle balance and strength. Some exercises give you an energy boost, and others de-stress you so you feel calmer and have better sleep and appetite. It even improves lung capacity and voice (think swimming, running or drama!).



Y8-Y11 Code Club

Code Club is where you can learn to build digital products that can have real world impacts. Whether it be applications, animations, games or a website, Code Club is where you can learn the skills to build them. This activity is for beginners to advanced programmers. Don't wait to learn these vital skills for your future - maybe you could be the next big tech entrepreneur!

Y8-Y11 iDEA: Duke of York - Inspiring Digital Enterprise Award

iDEA is a digital enterprise award from the UK. It gives you the chance to badge your brilliance by developing skills, gaining knowledge and learning information about the digital world.

iDEA has awards at Bronze, Silver and Gold level. At each stage you complete an award you will receive an official certificate that can be used for university and job applications.

iDEA

THE DUKE OF YORK
INSPIRING DIGITAL
ENTERPRISE AWARD



Y8-Y13 Auditorium Tech and Backstage

Looking to gain an understanding of the processes and considerations for live event planning? Always wondered how all the magic behind the curtain happens?

Learn how to design lighting for events, use theatrical lighting fixtures and other devices. Operate and programme a lighting console, creating a world of different atmospheres, looks, and moods, for concerts, dance shows, various theatre productions and more.

Y8-Y13 Recording Studio & Live Sound

Learn how to use the Recording Studio to make your own recordings, edit, and process audio.

Using a range of techniques and knowledge, record yourselves, your friends, other students, or even external artists. Record music, voice overs, sound effects, podcasts, and more.





Y9-Y13 Debating

How to win any argument and persuade (almost) anyone of anything. The ISL Debating Society trains and prepares you in the arts of debate and rhetoric with a range of fun games, workshop activities and actual debates, in which you'll get to test your skills against each other in a safe, supportive environment.



Y9-Y13 Life Drawing

This is a creative opportunity for those students who love to draw or want to improve their skills to learn to work on figure drawing. We will use videos, images and live models when possible. We will do figure drawings of either clothed models, of varying ages, exploring the fundamentals of figure drawing, learning to observe weight, gesture and form using a variety of techniques and different media, including pastels, charcoal, pencil, pen water-colours, ink wash and mixed-media.



Y9-Y13 Pilates

This is an energizing course that promotes core strength, flexibility and body toning. Each class consists of a series of varying and stimulating exercises that enable a balanced workout whilst improving posture and body awareness.

In this course you will learn the essential principles of Pilates practice including concentration, control, flow, precision and breathing.



Y10-11 Volleyball Cat B Girls Competition

At volleyball you will learn fundamental values of teamwork, sportsmanship and friendship. You will develop your skills in Volleyball in fun, exciting training sessions. You will also work towards representing ISL in competition against other schools.



Y10 International Award Bronze

The International Award from the Duke of Edinburgh (DofE) is designed for to equip all young people for life regardless of their background, culture or physical ability. It is not a competition, it is a test of your limits and opportunity to prove yourself through: Voluntary Service, skills development, sport participation and exploration.



Y7-Y9 Basketball Cat C-D Girls Competition

The coach's focus is on creating a strong, powerful group of friends that work together and constantly strive for success. At Middle School level, the goal remains on teaching the fundamentals (dribbling, passing, shooting, positions etc.) through fun drills/games and to begin to learn an offensive system (triangle offense for youth), which will be developed as players move onto the next level.



Y10-11 Basketball Cat B Boys Competition

The focus is on the team. At High School level, the goal moves on to developing the fundamentals (dribbling, passing, shooting, positions etc.) and implementing them into more advanced tactics and drills. They will develop the specialist positions, and lay the groundwork for the next step in each players development.



Y10-11 Football Cat B Boys Competition

The coaches are focusing on developing strong character in a team that can rely on each other, and can work together in the pursuit of success. Each practice will be divided in two main blocks, where they will work on a particular skill sets and they will do small sided games or matches where the practiced skills can be applied to a match situation. The results in the competitions should be the fruit of their hard work, dedication and commitment to the team.



Y10-11 Drama Production “Our Country’s Good”

“Our Country’s Good” is a story about one of the first Australian penal colonies, adapted from the novel ‘The Playmaker’. The play explores deep and complicated subjects, like the class systems and judicial punishment. But, ultimately it is the humanizing force of theatre that is the overriding theme. Based on a true story, the Drama Production will interest old hat’s and newcomers alike.



Y10-11 Football Cat A-B Girls Competition

The coaches are focusing on developing strong character as well as athletes in a team that can rely on each other, and can work together in the pursuit of success. Each practice will be divided in two main blocks, where they will work on a particular skill sets and they will do small sided games or matches where the practiced skills can be applied to a match situation. The results in the competitions should be the fruit of their hard work, dedication and commitment to the team.



Y10-11 Netball Cat A-B Competition

Whether you are new to the game or a lifelong player, there is a space for you here. The fundamentals of the sport will be entrenched into the team, as well as a passion and love for the game that will last forever. The coaches will look to develop skills, and ability that will facilitate your continued success and the success of the team at competitions.



Y 10-13 Swimming Cat A-B Competition

On the swim team, you will develop your swimming technique in a fun environment. During training, you will explore the swimming pool and test yourself while developing your individual strengths as a swimmer. While competitive swimming is an individual sport, you will be part of a team which comes with certain responsibilities and expectations, such as determination, motivation, and supporting your teammates. The success of the team will never be down to one person.



Y7-9 Yoga

Yoga is a great way to get fit, get flexible and happy. It boosts your performance in other sports and competitions, and helps you avoid sports injuries. It improves muscle balance and strength. Some exercises give you an energy boost, and others de-stress you so you feel calmer and have better sleep and appetite. It even improves lung capacity and voice (think swimming, running or drama!).



Y10-13 Badminton Cat A-B Competition

If you're a past-master or always wondered why the net is so high, there is place for you in Badminton. All you need is a willingness to train. Your expert coach will aid you in developing the fundamental skills you need for success and help to develop you in preparation for competing on behalf of ISL. All this is in a fun environment of constant play.



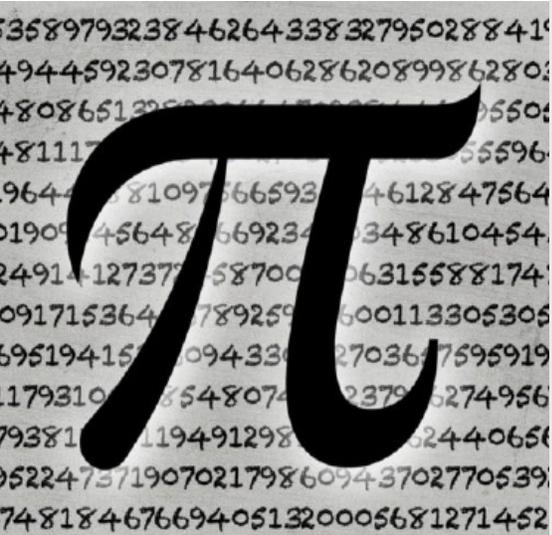
Y10-13 Basketball HS Girls Recreational

In recreational basketball, you will learn the game of basketball through games and drills, enjoy the challenges of sport, all in a fun and welcoming environment. Not only will you learn about the game but also learn about the values on all team sports; friendship, teamwork and sportsmanship.



Y10-13 Basketball HS Boys Recreational

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Y10-13 Math Enrichment

An opportunity for you, as a high school student, to explore challenging mathematical problems and puzzles from the Nrich website from the University of Cambridge.

Each month you will submit online solutions to the featured problems with the aim of them being published on the site. This activity will ex-



Y10-13 Model United Nations

Have you been inspired by Greta Thunberg? Want take a step on the road of politics, and learn how our multinational world works. Model United Nations (MUN) is another life-changing journey that helps students become confident leaders, develop an awareness of global issues, and improve public speaking and negotiation skills.



Y10-13 Football HS Girls Recreational

Come and play Football, learn the skills and foster your talents. Create new bonds of friendship and camaraderie through playing the most popular sport in the world. Practice and play, learn new tricks, skills and drills. Learn and grow.

Y10-13 Student News and Media

The High is ISL's student-run newspaper, published monthly. Join our team of journalists, editors, illustrators, cartoonists, photographers, designers, etc. who work to make sure your stories and opinions are heard. What story do you want to tell?

STUDENT NEWS



Y10-13 Football HS Boys Recreational

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Y10-13 Badminton Recreational

Ever wondered why the net is so high? Would you like to engage in match play and gain court fitness in the off-season? This is the activity to sign up for! You will play recreational badminton games to get you ready for the competition season, or just come along and play the fun game! Recreational badminton are offered in Autumn Term 1-2 and Spring Term-5



Y10-13 Dance

Being part of group Dance Y10-13 means that you will be practicing an advancing level of contemporary dance styles such as hip-hop, dancehall, c-walk, vogue, waacking, jazz-modern and jazz-funk. The classes will improve your posture, flexibility, sense of rhythm, create a beautiful body, develop more energy and confidence. The aim is to make compound combinations and to perform impressively at the dance shows at the end of each term.



Y10-13 Football Mixed Indoor Recreational



Y10-13 Volleyball Girls Recreational

This is the chance to learn the basics of volleyball in a fun environment and to find out if this is your “new” sport! All students are welcome. You will also learn the values of teamwork and sportsmanship. Practices are being held in ISL’s Sports Hall.



Y10-13 Basketball Cat A Boys Competition

Play Hard, Play Smart, Play Together, Have fun! A lot of emphasis is put on the fundamental skills and less on tactics and ‘plays’ as to prepare these players for competing on teams outside ISL too, be that in college in future or with a club. The coaches ensure to teach the players all the requisite skills and give them adequate ‘meaningful practice’ to hone these skills. They place emphasis on ‘having the ball in the hands’ rather than sitting and listening to the coach or watching others play while you are in line. They live by the maxim “learn by playing”.



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Y10-13 Girls Fitness

Fitness. Unload your stress, feel the burn of a good workout. Fitness isn’t body building, it’s a straight track to long-term health and happiness. And what better place than in a group of equally determined, equally driven and equally incredible friends. All of whom are there to drive themselves to be the best version of themselves.



Y10-13 Fitness

Fitness is not just bodybuilding. It is a one-way street towards long-term health, strength, confidence and happiness. There will be no better place to join-in with a group of likeminded, strong, determined individuals who will all drive each other towards being the best version of themselves.



Y12-13 Football Cat A Boys Competition

The aim of the Football Cat A and Cat B teams is to continue to be engaged and to enjoy the sport. Physical movement patterns will be developed through a fitness based warm-up in each training session, followed by skill development and small sided conditioned games. The belief is that players should practice how they play in order to maximise the development. Quality over quantity, they will train smarter, not harder, to reach their full potential.



Y12-13 Gymnastics Competition Level 1-4

Gymnastics provides an opportunity for level 1-4 gymnasts to compete and train across a wide array of gymnastic equipment. Expert coaches will push you to improve your ability in all aspects of the sport. Training and learning in a fun, accessible and challenging environment. One where everyone is given the tools they need to progress and get the best out of themselves.



Y12-13 Gymnastics Recreational

Recreational Gymnastics provides the space and opportunity for gymnasts of all levels to learn about and gain practice on a wide-range of different apparatus. All in a fun, safe and engaging way.