

Activities and Sports



Encouraging our students to explore their interests and develop new skills by offering a wide variety of activities to engage, support and ignite their learning and passions.

DISCOVER OUR Activities and Sports



At ISL, we offer a wide and inclusive range of activities for students from Reception 4 to Year 13.

The goal of ISL's activities is to help lay the groundwork for young people to remain active and involved throughout their life. The programmes are built around the idea of providing balance – balance across activities, balance over time and balance of opportunity.

By trying out new activities, 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.

139

After-School Activities to choose from

270 Sport competitions played

249

Instrumental and Vocal lessons a week

O Home Language courses offered

After-School Activities



















Looking for a way to keep your children engaged after school?

The After-School Activities (ASA) programme provides activities within the movement, creativity, and STEM pillars.

Reception 4 up to Year 13 students can choose from a wide range of contexts from drama productions to learning and discovering various disciplines.

+90 %

Of students take part in at least one activity throughout the academic year

CHF 0

Is the cost of most of our activities

From art to zentangle

Art

Aerial Silks Atelier "Back to Natural" Ateliers de cuisine **Badminton Basketball** Chess Choirs Computer coding Craft activities Creative writing Cross country Dance Debating Drama production Drawing Duke of Edinburgh's Award Film-making Fitness Football Gardening **Gymnastics** Indoor climbing Junior Cheerleading **Knitting in French** LEGO building Live band Mahjong Model United Nations Multi-Sports Music bands Musical Netball Robotics SciTech Self-Defence Student news and media Swimming Theatre and Storytelling Taekwondo Tennis Track and field Trash to treasure (Art) Ukulele Volleyball Water colouring Yoga Zentangle

*Activities are subject to change upon availability and demand





Sports Competition





A programme for athletes and team players? Do your children like to compete?

With our wide range of sports available, your children will learn to develop their skills in the sport they love to practise. The ISL Competitive Sports programme runs throughout the year, with teams training and competing for two seasons both locally and internationally depending on their ages.

ISL participates in over 200 competitions each year-either hosted by us or by other international school. We have a team of dedicated coaches from within the ISL faculty, along with external coaches. They all work hard to ensure that each student develops their skills while having a memorable time.

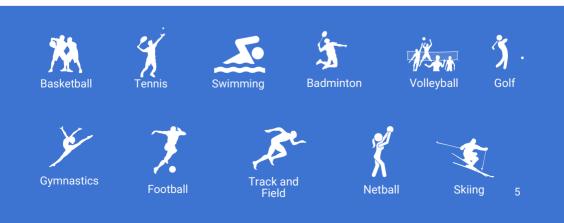
Primary school sports:

Competitive sport teams

Activities focus on an understanding of basic rules, on tactics and strategy, and on refinement of sportspecific skills in preparation for competitions

Secondary school sports:

Understanding the rules, the values and consequences of one's actions, and developing performance components (physical, technical-tactical, mental, and emotional) in a competitive setting.



Home Language



Why join the Home Language programme?

This programme is a wonderful opportunity for your children to celebrate their home language and culture via a wide array of fun and engaging activities.

Programme prerequisites

Students must be fluent speakers of the language whether they speak with at least one parent at home, or have received their schooling in the language over several years. Schedule

Monday to Friday 15:45 to 16:45

Cost

Private class | 60 minutes CHF 80

Group class | 60 minutes CHF 45

8 Languages offered

DutchGermanGreekItalianMandarinPortugueseRussianSpanish



Instrumental and Vocal





16 Instruments available

Cello Clarinet **Drums and Percussion** Flute Guitar Oboe Piano Piccolo Recorder Saxophone Trombone Trumpet Tuba Viola Violin Voice

Rentals available

Lessons delivery Weekly or bi-weekly

Cost 30 minutes - CHF 50 45 minutes - CHF 75 60 minutes - CHF 100

Group lessons available

Why learn a musical instrument?

Learning an instrument not only develops your child's technical skills and musical understanding but is also a great way to expand their confidence, physical orientation, organisational skills, and creativity.

There is growing evidence that it also helps to develop intelligence and a better capacity to learn. At ISL, our students have the opportunity to collaborate and grow their social skills, in an enjoyable and rewarding way by also joining one of our ensembles or music bands. Our team of highly qualified and experienced teachers have a holistic and individualised approach to teaching music.

Designated ABRSM examination school

ISL holds on-site practical examinations twice a year. Online ABRSM Theory, Rock School and LCM examinations are also available.





Chemin de la Grangette 2 | 1052 Le Mont-sur-Lausanne | +41 21 560 02 02