

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

219

Sport competitions
played

249

Instrumental and Vocal
lessons a week

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

≈50%

activities cost are included in the school fees

From art to zentangle

Art
Aerial Silks
Ateliers de cuisine
Badminton
Basketball
Bouldering
Cheerleading
Chess
Choirs
Computer coding
Crafting
Creative writing
Cross country
Dance
Debating
Drama production
Drawing
Duke of Edinburgh's Award
French it up
Fitness
Football
Gardening
Golf
Gymnastics
Horse riding
Knitting in French
LEGO building
Live band
Mahjong
Mindfulness and forest exploration
Model United Nations
Multi-sports
Music bands
Musical
Netball
Robotics
Roller blading
Sailing
Self-defence
Student news and media
Swimming
Theatre and storytelling
Tennis
Track and field
Ukulele
Volleyball
Yoga
Zentangle



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 schools around Switzerland and Europe. 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:

Activities focus on an understanding of basic rules, on tactics and strategy, and on refinement of sport-specific 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.

44 Competitive sport teams



Basketball



Tennis



Swimming



Badminton



Volleyball



Golf



Gymnastics



Football



Cross country
Track and Field



Netball



Skiing

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.

8

Languages offered*

Dutch

German

Greek

Italian

Mandarin

Portuguese

Russian

Spanish



*Languages offered are subject to change upon availability and demand

Instrumental and Vocal



18

Instruments available

Cello
Clarinet
Drums and Percussion
Euphonium
Flute
Guitar
Oboe
Piano
Piccolo
Recorder
Saxophone
Trombone
Trumpet
Tuba
Ukulele
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.

