



PE & Sport Handbook





“A Sport for All” approach

Our aim is to nurture and develop the physical abilities and talents of all children, allowing them to explore and enjoy sport in an environment in which they feel safe and confident. We encourage maximum participation and offer competitive and recreational sport for all abilities, often leading to internal and external competitions, tournaments and tours. The enthusiasm, spirit and determination shown by our individuals and teams often leads to remarkable levels of success in local and national events. At GES, we are proud of our exciting and broad sports programme, providing an important balance between recreational and competitive sport.

Sport pathways

Everything related to sports is designed to show progression and opportunity through physical education and clubs. Everything builds from Early Years to develop fine and gross motor skills all the way up to Key Stage 4 & 5 where academic courses lead to future possibilities for careers in sport.

Core Physical Education

Encouraging a healthy and active lifestyle is at the heart of our philosophy for physical education. Our approach focuses on inspiring a genuine enthusiasm for being active and on the enjoyment, satisfaction and benefits of keeping physically fit and engaged. Physical Education is an important part of our curriculum and is a subject taught by specialists on a weekly basis across the School. We cover a broad range of activities throughout the year, often changing with the year groups, to allow each student to be exposed to many different individual, team and health related sports.

Where swimming is part of the curriculum, this is a compulsory component and may be charged to the parents for the sessions taken.

GCSE Physical Education

This academic course is offered in KS4 and leads to an official qualification. The course draws on both sporting experience and theoretical understanding. Students are assessed in three sports (40%) and through a written examination (60%) at the end of the two year course. This course is run through the examination body AQA. You can find further details about this course [here](#).



After-School Sports Activities

At GES, we offer a wide range of sporting activities after school (occasionally during lunch break) for all ages and abilities. These activities aim to further inspire children, develop talent and allow the children to enjoy playing sports with their friends.

An example of some of the sports offered throughout the year:

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|----------------|---------------------|---------------------|
| • Rugby | • Rounders | • Gaelic Football |
| • Touch Rugby | • Yoga | • Uni-Hockey |
| • Football | • Basketball | • Sports Leaders |
| • Netball | • Early Ball Skills | • Running |
| • Athletics | • CrossFit | • Tennis |
| • Cricket | • Golf | • Volleyball |
| • Skiing | • Stand-up | • Gymnastics |
| • Multi-Sports | Paddleboarding | • Dance (varieties) |

The clubs on offer are shared termly and change with the seasons.

Competitive Teams

We compete in SGIS (Swiss Group of International Schools), Ligue du Lac, ISSC (International School Sports Council) and ADISR competitions throughout the year in order to give our teams and individuals a vast range of tournaments and friendly experiences.

The calendar of these events can be found on the school sports website [here](#) and is updated regularly. Team selection policy can be found [here](#).

Expectations for our pupils

Representing the school is seen as a privilege. Fair play and good sportsmanship are expected at all times. Positivity and resilience are at the heart of what we try and instill in all of our teams, regardless of results or performances. Respect towards fellow competitors is at the foundation of our involvement and we pride ourselves in demonstrating this at every event we attend.

Expectations for our parents

Parents' support is greatly encouraged at sporting events. We work hard to show the children the 'right' way to play sport on and off the field of play, and to maintain a positive mental attitude throughout. Parents are asked to follow these same



principles of respect towards all players and officials and to support 'from a distance'.

Age Categories

SGIS / ISSC age Categories

Category F: Year 3-4

Category E: Year 5-6

Category D: Year 7-8

Category C: Year 8-9

Category B: Year 10-11

Category A: Year 12-13

During some competitions (ADISR, Ligue du Lac), the age categories are determined by birth date, not school year group. For these competitions selection will take place based on these criteria.

On occasion a student may be given the opportunity to play in the age category above, if deemed appropriate to both skill and physical ability. This will be discussed with the parents beforehand.

GES Sports Academy

This is an optional programme which runs on Wednesday afternoons at Primary at an additional cost to parents. This programme offers the students further opportunities to develop their skills in different sports and activities.

During the Winter season, we offer a ski programme, which operates out of the Franco-Suisse domaine of Les Rousses.. The programme is designed to give children of all abilities the opportunity to develop their skills, have fun with their friends and fall in love with the mountains, in line with our Sport for All approach. The programme is available for children from Year 1 to Year 6 and the lessons are taught by ESF Les Rousses instructors.

Winter Sports

Throughout the winter season (January - March) students have the optional opportunity to attend snow sports days. These come at an additional cost, but give the students a fantastic experience in the mountains. Activities on these snow sports days focus on skiing, however may also include a snow walk option for the younger students or a snowboard option for the older students. These options depend on the numbers that wish to take up these activities for each trip.



There is also a dedicated day for ski race training, open to all competent skiers, in Year 3 and above. This is designed to give the students the chance to learn about ski racing (Giant Slalom) and could lead to selection to represent the school team at race events throughout the winter season.

Inter-House Sport Competitions

Throughout the year, students will compete for their houses in a number of sports competitions across different sports. Some of these competitions may take place during PE lessons, while others will be outside of curriculum time. Any child who wishes to represent their house, regardless of ability, will be able to take part in the house competitions. Some of the larger house events such as Sports Day and Cross-Country are whole school events, where every child is expected to participate.

PE kit

For all PE lessons (except at KS5) all students are expected to wear the following items:

- GES PE top
- GES PE shorts / GES PE skirt
- Tracksuit bottoms or leggings in winter (navy blue if not from GES shop)
- Tracksuit top (navy blue if not from GES shop)
- Sports socks (white, black or navy blue, no bright colours)
- Indoor sports trainers (for indoor sports only)
- Outdoor sports trainers (for outdoor sports only)
- Football boots (for football/rugby on the grass)
- Sports cap and sunscreen during summer months
- Any student with long hair that covers the eyes, should have this tied up

School Shop

To order sports kit items, please visit the online school shop [here](#) to make your order. You can physically visit the school shop at Primary on certain days (this will be advertised each year) to check sizes and collect items. At Secondary, the children themselves can visit the shop to check sizes. Once an order is made online, the items will be prepared and delivered to your child's class, usually within one working week. You can find a list of the compulsory and recommended items, including prices [here](#).