Primary Co-Curricular
Autumn Term 2026



AN EXTRAORDINARY PROGRAMME

INSIDE EDGE

ISSUE 4 | SEPTEMBER-DECEMBER 2026

VERBIER INTERNATIONAL SCHOOL VIS SWITZERLAND

PRIMARY CO-CURRICULAR ACTIVITIES AND OPPORTUNITIES

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Co-Curricular Activity Programme

Challenging and varied activities to engage and inspire all students.

The VIS Co-Curricular programme offers students a wide range of opportunities designed to incorporate physical activity, volunteering or service initiatives, creativity and skill development.

Primary Activities will run in Period 7 (15.30-16.30). Collection will be from the activity location which will be confirmed before the first week of activities. Activities will run from September 7th - December 11th.

We're excited to kick off the new term with a range of exciting new activities for all students to enjoy.

Please note that some activities carry a cost, and places are allocated on a first come, first served basis. These are highlighted in the brochure and will be confirmed before the start of the activities. There are limited spaces in activities. **Signup will open Friday 28 August 18.00.**

Students will be billed for the full term unless they are pulled out before the third session. If you would like your child to change activity, please contact Ms Pickard before the third session. After this point, the full term's fee will apply.

We look forward to a fun and active term ahead!

Primary School

Requirements

Students in the Primary school are encouraged but not required to take at least one activity. However, we find many students take many more and we encourage children to commit to their choices.

Prices for charged activities can be found when completing the signup. The activities will be charged as a term package.

Autumn Term Activities







	FS1/2	Y1/2	Y3/4	Y5/6
Monday	**Yoga**	**Tennis** (in French) or **Eco Club/Gardening**	**Choir** or **Trampolining** or **Climbing**	**Choir** or **Trampolining** or **Climbing**
Tuesday	**Art**	**Construction Club**	**Team Sports** or Drama	**Team Sports** or Drama
Wednesday	**Dance in French**	**Gymnastics** or **Art**	**MTB** or **Dance** or **Homework/Junior Dukes**	**MTB** or **Dance** or **Homework/Junior Dukes**
Thursday	**Mixed Sport**	**Forest School**	**Forest School**	**Tennis** or **Taskmaster**
Friday	**Forest School**	**Drama**	**Tennis** or Chess	**Forest School**

Autumn Term Activities







FS 1/2

MONDAY: YOGA

Our Yoga Club is a calm and playful space where children can move, stretch, and relax together. Through simple yoga poses, stories, breathing, and music, children develop balance, coordination, and body awareness while having fun. Activities are gentle, imaginative, and age-appropriate, helping children build confidence, focus, and a sense of wellbeing in a relaxed and supportive environment.

What to bring:
School will provide all the resources.

TUESDAY: ART

The art activity will be based on various mixed media such as painting, glueing, drawing, stapling and other exciting things. There will be opportunities for creative problem solving, especially using our imagination, while discovering the world. Parents: be aware that we will use a lot of paint! Whilst we will provide protective clothes, students might sometimes get dirty. This activity will be in French.

What to bring:
School will provide all the resources.

FS 1/2

(continued)

WEDNESDAY: DANCE AND SONG

Dance and Song Club will give students the chance to explore movement and music in a fun, supportive environment. The club encourages creativity, self-expression, and enjoyment of music while developing coordination and rhythm. This activity will be in French.

What to bring:
School will provide all the resources.

THURSDAY: MIXED SPORT

Mixed Sport gives students the chance to try a variety of different sports and activities. They'll develop teamwork, fitness, and confidence while having fun in a supportive environment.

What to bring:
Water bottle, sports clothes, *school will provide the resources.*

FRIDAY: FOREST SCHOOL





Autumn Term Activities





Year 1/2

MONDAY: GARDENING/ECO CLUB OR TENNIS

Gardening Club: Gardening Club gives students the chance to plant, grow, and care for flowers and vegetables. They'll learn basic gardening skills while enjoying time outdoors and working as a team. The first half term will be gardening, the second half term will be indoor eco club activities.

Tennis: Our Tennis Club introduces young children to tennis in a fun and active way. Using soft balls, small racquets, and playful games, children learn basic skills such as throwing, catching, hitting, and moving with control. Sessions focus on teamwork, listening, and having fun while developing coordination, confidence, and a love of being active in a friendly and supportive environment. This activity will end at half term.

What to bring:
Tennis - *School P.E. kit or comfortable clothes, bottle of water*
Art - school will provide the resources

TUESDAY: COSTRUCTION CLUB

This activity lets students build, create, and solve a range of hands-on challenges. They'll develop problem-solving skills, creativity, and teamwork while having fun experimenting with different materials and ideas.

What to bring:
School will provide all the resources

Year 1/2

(continued)

WEDNESDAY: GYMNASTICS OR ART

Gymnastics: Enhances physical development. Together with Acro Verbier our students will develop skills such as strength, flexibility, coordination, balance and body control. **This activity will come with a charge. 300CHF**

Art: The art activity will be based on various mixed media such as painting, glueing, drawing, stapling and other exciting things. Parents: be aware that we will use a lot of paint! Whilst we will provide protective clothes, students might sometimes get dirty.

What to bring:
Gymnastics - *School P.E. kit or comfortable clothes, bottle of water*
Construction - school will provide the resources

THURSDAY: FOREST SCHOOL

FRIDAY: DRAMA

Students will explore rhythm, movement, storytelling, and performance through fun and imaginative activities. They'll have the chance to express themselves using instruments, their voices, and their bodies—whether it's acting out a scene, improvising a character, or creating soundscapes. We'll also play group games that build confidence, teamwork, and creativity.

What to bring:
School will provide all the resources





Autumn Term Activities

Year 3/4

MONDAY: TRAMPOLINING, CLIMBING OR CHOIR

Trampolining - With AcroVerbier, students learn strength, coordination, and safe jumping techniques and gymnastics. **This activity will come with a charge. 300CHF**

Climbing - Our Climbing Club helps children build strength, balance, and confidence through fun climbing activities. Using safe, age-appropriate equipment, children explore movement, problem-solving, and coordination in a supportive and encouraging environment.

Choir - Students will develop their singing voices through fun songs, vocal exercises, and group performances. Choir activities encourage confidence, teamwork, musical expression, and a love of making music together.

What to bring:
Climbing and Trampolining – comfortable sports clothes.
Drama - Resources provided by school.

TUESDAY : DRAMA OR TEAM SPORTS

Drama - Students will explore movement, storytelling, and performance through fun and imaginative activities. They'll have the chance to express themselves using instruments, their voices, and their bodies—whether it's acting out a scene, improvising a character, or creating soundscapes.

Team Sports - Our Team Sports Club gives children the chance to enjoy a variety of simple, fun games together. Through running, throwing, catching, and playing as a team, children develop coordination, cooperation, and confidence while learning to take turns and support one another in a positive and active environment.

What to bring: Team sports - sports clothes & trainers

WEDNESDAY: MOUNTAIN BIKING, DANCE, HOMEWORK, JUNIOR DUKES

Mountain Biking - Students develop their mountain biking skills on varied terrain, building confidence, control, and technique. Sessions are led by experienced instructors from ESSV. **This activity will come with a charge. 270CHF**

Year 3/4

(continued)

Dance - Students will explore movement, rhythm, and self-expression through fun dance activities and choreography. They'll build confidence, coordination, and teamwork while learning new moves and enjoying music together.

What to bring:
Mountain Biking - Mountain Bike, Helmet, Protection and Ski Pass
Dance - school will provide the resources

Homework - A calm, structured space where homework can be completed efficiently, with support available when needed to help with organisation and understanding.

Junior Dukes: At a cost of 20CHF for the term, the children will receive their age-appropriate booklet and work through the challenges at home and at school. Once the challenges have been completed, the children will receive an award and certificate. Please see the Junior Dukes Website for more information. https://juniorduke.com/

What to bring:
Homework and Junior Dukes - resources provided.

THURSDAY: FOREST SCHOOL

FRIDAY: TENNIS OR CHESS

Tennis - Our Tennis Club introduces young children to tennis in a fun and active way. Skills such as throwing, catching, hitting, and moving with control. Sessions focus on teamwork, listening, and having fun while developing coordination, confidence, and a love of being active in a friendly and supportive environment. This activity will end at half term. **This activity comes with a charge. 180CHF**

Chess - Our Chess Club introduces children to the basics of chess through simple games and activities.

What to bring:
Appropriate clothing for tennis, racket ; Drama- resources provided.

Autumn Term Activities

Year 5/6

MONDAY: TRAMPOLINING, CLIMBING OR CHOIR

Trampolining - With AcroVerbier, students learn strength, coordination, and safe jumping techniques and gymnastics. **This activity will come with a charge. 300CHF**

Climbing - Our Climbing Club helps children build strength, balance, and confidence through fun climbing activities. Using safe, age-appropriate equipment, children explore movement, problem-solving, and coordination in a supportive and encouraging environment.

Choir - Students will develop their singing voices through fun songs, vocal exercises, and group performances. Choir activities encourage confidence, teamwork, musical expression, and a love of making music together.

What to bring:
Climbing and Trampolining – comfortable sports clothes. .

TUESDAY : DRAMA OR TEAM SPORTS

Team Sports - Our Team Sports Club gives children the chance to enjoy a variety of simple, fun games together. Through running, throwing, catching, and playing as a team, children develop coordination, cooperation, and confidence while learning to take turns and support one another in a positive and active environment.

Drama - Students will explore movement, storytelling, and performance through fun and imaginative activities. They'll have the chance to express themselves using instruments, their voices, and their bodies—whether it's acting out a scene, improvising a character, or creating soundscapes.

What to bring: Team sports - sports clothes & trainers

WEDNESDAY: MOUNTAIN BIKING, DANCE, HOMEWORK, JUNIOR DUKES

Mountain Biking - Students develop their mountain biking skills on varied terrain, building confidence, control, and technique. Sessions are led by experienced instructors from ESSV. **This activity will come with a charge. 270CHF**

Year 5/6 *(continued)*

Dance - Students will explore movement, rhythm, and self-expression through fun dance activities and choreography. They'll build confidence, coordination, and teamwork while learning new moves and enjoying music together.

What to bring:
Mountain Biking - Mountain Bike, Helmet, Protection and Ski Pass
Dance - school will provide the resources

Homework - A calm, structured space where homework can be completed efficiently, with support available when needed to help with organisation and understanding.

Junior Dukes: At a cost of 20CHF for the term, the children will receive their age-appropriate booklet and work through the challenges at home and at school. Once the challenges have been completed, the children will receive an award and certificate. Please see the Junior Dukes Website for more information. https://juniorduke.com/

What to bring:
Homework and Junior Dukes - resources provided.

THURSDAY: TENNIS OR TASKMASTER

Tennis - Our Tennis Club introduces young children to tennis in a fun and active way. Sessions focus on teamwork, and having fun while developing coordination and skill. This activity will end at half term. **This activity comes with a charge. 180CHF**

Taskmaster - Students will take on exciting challenges, puzzles, and team tasks inspired by the spirit of Taskmaster. Through creative problem-solving and friendly competition, they'll build confidence, teamwork, and critical thinking skills while having lots of fun.

What to bring:
Appropriate clothing for tennis, racket ; Drama- resources provided.

FRIDAY: FOREST SCHOOL



CONTACT US

Verbier International School

+41 27 565 26 56
info@vischool.ch