

At BISI we encourage all students to be fully active in all P.E. lessons. We use a range of games, dance, gymnastics, swimming, fitness and athletic activities as our medium to teach the above skills as well as the numerous other physical, emotional and social benefits that can be achieved through participation in sport.

The department also offers an extra curricular programme of activities in which you have further opportunities to get involved in sport and exercise. Some of our activities are offered simply as fun clubs where you can learn a new activity, meet new friends, get fit and enjoy your leisure time. Other activities are offered as school TEAMS where we train with an emphasis on raising standards of performance in order to compete in the Istanbul Schools League (ISL). The schools involved in this league are IICS, IGA, MEF and ourselves. The ISL is for both boys and girls from years 7-13 and we currently compete in 5 sports tournaments across an academic year:

Football (September - December)

Table Tennis (January)

Basketball (Jan - March)

Volleyball (March - May)

Swimming (May - June)

The league is looking to expand its activities with BISI hoping to invite ISL schools to join our school Cross Country event in April and IICS hoping to host a Tennis tournament in early May.

House competitions at BISI allow everyone to get involved in competitive yet friendly sports tournaments. Our 3 houses are extremely close in ability and enthusiasm making all house events tense, exciting and great fun to be part of. We compete in Athletics (term 1), Cross Country (term 2) and Swimming, Football and Basketball (term 3).

P.E. offers something for everyone. Whether it's in lesson time, a sports club, a sports team, during one of our house events or ISL league matches, it is important that you remember one thing..... We do not expect everyone to be the best but we do expect you to try your best! Try to get involved in P.E. today!



To use the snowy weather in winter to our advantage, and for a chance to experience some of the fabulous natural surroundings in Turkey, the department organises ski trips for students in years 4 through to year 13. These are extremely popular with the younger students who attend ski schools in Uludag in order to enhance their ski ability and gain confidence. Our senior students experience more freedom on the slopes of Kartalkaya as they are given the option to go ski or snowboarding as well as having the option of skiing with the instructors or simply with their friends. As a result, the school have some extremely talented ski and snowboarders who continue to participate in the activity in their school holidays and weekends.

