

Sporting provision at Scotland's independent schools

Watching sportsmen and women at the highest level is an inspiration. Over and above achievement and record-breaking, they have a determination and resilience that enables them to reach the top of their chosen fields. For many, this striving for success was learned at an independent school.

Sports provision varies from one school to another although all independent schools share a common goal - to stimulate and encourage pupils, regardless of their physical abilities, to participate in sports and recreational activities they can enjoy and share with their friends, both while at school and throughout their lives.

The proportion of time spent on sports and physical activities in Scotland's independent schools is high by any standards and the benefits to pupils are clear – health and fitness, team spirit, personal challenge and enjoyment.

In addition to traditional sports such as athletics, cricket, hockey, netball, rugby, swimming and tennis, schools offer other sports like badminton, basketball, body-conditioning, climbing, cross-country running, fencing, football, golf, hip-hop, judo, salsa and squash.

Through the efforts and commitment of PE teachers and specialist coaches, independent schools enjoy continuing success with pupils representing their school, their region and their country in many sports. Some schools have also developed their own academies for golf and tennis.

Most schools have a busy schedule of sporting events and fixtures, taking place on Saturdays throughout the school year and details can be found on individual school websites. (Links are provided at www.scis.org.uk on the 'Find a School' page.)

Given the emphasis on sport and recreation, it's no surprise that many independent schools have invested in state-of-the-art games halls, gyms, fitness suites, dance studios, sports pitches, tennis courts and swimming pools which not only benefit pupils but are also available to community groups at evenings, weekends and holidays periods.

Further information about independent schools in Scotland is available on the website of the Scottish Council of Independent Schools (SCIS) at www.scis.org.uk