



**Sports Facilities & Co-Curricular  
Activities**





## **Sports Facilities**

**Games and sports are an integral part of the curriculum and every class from Lower Preparatory to Class 8, has two Games lessons in a week. Apart from this, there are daily games in the evening for the students. The campus is abuzz with various games being played, like swimming, basketball, tennis, volleyball and badminton. Students participate in both state as well as national level competitions in these sports.**

## **Swimming**

**1962 saw the first swimming pool in Lucknow and it was at La Martiniere Girls' High School. It has now been renovated to an all weather swimming pool. A large number of students avail the opportunity to learn how to swim. The resident scholars use the pool every morning and evening. Swimming Camps are held during the summer vacation and more than 200 students enrol for these. The College has produced very good swimmers at the district, state and national levels. Recently, the College has also introduced rowing for the interested scholars and they have won the State Rowing Championship Cup.**





## **Basketball**

**Basketball is an important sport at La Martiniere Girls' College. There is morning and evening practice every day. Friendly matches are held with various schools. During the Inter-Martiniere Meet, children have daily morning practices as well. The College has two modern basketball courts.**

## **Badminton**

**Badminton coaching is provided to the children every day by a professional coach who teaches the techniques that shape our girls to be future badminton players. The coaching was introduced over the summer camp and was very popular with the girls. Inter House badminton matches are held every academic year.**





## **Tennis**

**Tennis is an upcoming sport among the girls of the College. There are regular evening practices on the College tennis courts under the supervision of trained coaches. Children have played many city and state-level matches and have won a number of prizes.**

## **Taekwondo**

**La Martiniere Girls' College now provides the girls training in taekwondo in which they qualify for various levels.**

## **Roller Skating and Gymnastics**

**Among some of the new sporting activities introduced in the College are roller-skating and gymnastics.**



## **Co-Curricular Activities**

**La Martiniere Girls' College believes in the all-round development of the children, therefore, co-curricular activities are a part of the curriculum. These activities provide our students with the edge they need to take on the world. Some of the individual and group co-curricular activities are Creative Skills, Creative Writing, English and Hindi Impromptu Speech, English and Hindi Elocution, English and Hindi Debate, Mock Advertisement, Dramatics, Talent Hour, Cooking Competition, Flower Arrangement Competition, Art/Collage/Poster-making Competition, Quiz and Music Competition, both vocal and instrumental (Indian and Western). The College also encourages students to participate in co-curricular events held outside the school.**

### **Dance**

**Bharatnatyam is arguably the oldest traditional classical dance style that presents a synthesis of Bhava (expression), Raga (melody) and Tala (rhythm). 'Bharatnatyam' is offered as a popular elective course for students from Classes 1 to 8 and a large room has been allotted for the same. Students give dance performances during the annual concert. They also compete in various events outside the College and have won many prizes.**





## **Art**

**Art is an important part of the school's curriculum. To inspire and encourage the young Picassos and Da Vincis of the institution, the artists were allotted a special room in the year 2001. It has been fondly named 'Atelier' meaning, an artist's workshop where the art students give vent to their creativity.**

## **Music**

**La Martiniere Girls' College has a well-trained choir, both in the School and College sections. Singing lessons are held twice every week for the students of Classes Lower Preparatory to 5 and once a week for the students of Classes 6 to 8. Competitions in vocal and instrumental music are held for the students of Classes 2 to 12. The College has collaborated with the Associated Board of the Royal Schools in Music (ABRSM), which provides high quality music-making and learning around the world. The ABRSM is an examination board based in London, UK which provided examination in music at centres all over the world. It is UK's largest music education body, one of the largest music publishers and world's leading provider of music exams, offering assessments to over 600,000 candidates in over 90 countries every year. Its mission is to inspire achievement in music in partnership with the Royal School of Music.**





## Clubs

### Pals

**PALS (Protectors of Animal Life and Surroundings) is a Nature Club with a difference, a fun club with serious objectives:- to inculcate love and respect for nature in the members; to promote recycling of all kinds of waste material like paper, wood and even plastic ; to spread nature awareness through fun activities, awareness programmes and excursions, tree planting, gardening, pet care, composting etc.; to build a library of rare nature books, CDs and DVDs to be used as a resource material by members for project and leisure reading; to fight against the polythene menace, animal trade, using animals for entertainment and waste of natural resources and energy resources. The PALS excursions are a very successful venture and popular with both students as well as parents. The excursions are tailor-made to suit the ages and interests of the students and include visits to exotic locales, wildlife sanctuaries and places of historical importance. The club also organizes in-school adventure camps for classes 3-5.**

### Gandhi Corner

**The Gandhi Corner is largely an extension of the values that La Martiniere Girls' College tries to inculcate in the students. Their work with the less fortunate makes the girls realise that the world of today stands overridden by materialism and selfishness. The Gandhi Corner is where all the community and social work is carried out with the following objectives: selfless service, devotion, charity and sharing.**





## **Special Activities Club**

**The Special Activities Club aims to work towards creating a holistic environment for the nurturing of young minds and at the same time, working for society. Projects like Neki Ki Deewar, Entente and Eco buzz are three areas managed by this club.**

## **Website**

**The College Website [www.lamartiniereregirlscollegelko.com](http://www.lamartiniereregirlscollegelko.com) provides a virtual tour option which gives an inside view of the College. The rolling notice board provides the latest news and updates about all the events taking place in the College, such as the online payment of fees and availability of forms for admission to Lower Preparatory.**

## **LMGC MUN**

**The La Martiniere Girls' College Model United Nations Club aims at training students to become the leaders of tomorrow by providing self-improvement opportunities by helping them to acquire skills like public speaking, debating, critical thinking, teamwork and leadership. The students participate in various MUNs across the country.**