



**Riverside** School  
*Prague*

Senior High

# SENIOR HIGH SCHOOL SKILLS FOR LIFE TERM 2

Physical Education Department

## Senior High School Skills for Life – Term 2 (2018-2019)

Day	Skill for Life	Where	Time	Coordinator	Cost (czk)	Max.
Monday	Explore	Chanel (AC)	Lunchtime	Mrs. Clemas	-	-
	Running Club	Austen (AC)	3:30 – 4:45	Mr. Philbin	-	15
	University application clinic	Klein (AC)	3:30 – 4:45	Mrs. Cathro	-	-
	Architecture Club	Rodin (AC)	3:30 – 4:45	Ms. Maddox	-	-
	Plan 9 from Outer Space	Erasmus (AC)	3:30 – 4:45	Mr. Hellam	-	10
	Boys Football Club	Shark Tank	4:20 – 5:20	Mr. Fernando	-	-
	Girls Football Club	3G Pitch	3:45 - 5:00	Mr. Fernando	-	-
	Riverside Rush Newspaper Club	Shelley (AC)	3:30 – 4:45	Mr. Pickering / Mr. Clemas	-	-
	Core Clinic CAS/EE	Keats (AC)	3:30 – 4:45	Mr Pickering	-	-
Tuesday	Swimming Club	Vystaviste Holesovice	7:00 – 8:00	Mr. Fernando	1750 cz	24
	Theatre Lab	Marlowe (AC)	3:30 – 4:45	Mr. Zappi	-	-
	Fashion Creations	DaVinci (AC)	3:30 – 4:45	Ms. Partridge	-	8
	Engineering Club	Early Years Garage	3:45 – 5:00	Mr. Evans	500 cz	8
	Rock Climbing	Mammut Hall	3:30 – 4:45	Ms.Jana / Mr. Wagner / Mr. Plummer /Mr. Akhurst	1500 cz	16
	Philosophy through Politics and Economics	Keats (AC)	3:30 – 4:45	Mr. Griffiths	-	-
	Fitness Club	Shark Tank	4:20 – 5:20	Mr. Rogers	-	16
	Badminton	Sedlec	4:20 – 5:20	Mr. Cathro	-	16
	Corner Concert Production	Smetana (AC)	3:30 – 5:00	Mr. Fullarton	-	10
	Brass Band	Rousseau (JB)	3:30 – 4:45	Mr. Prokes	-	10
Wednesday	String Quartet	Smetana (JB)	Lunchtime	Mr. Novak/Arisa Kobayashi	-	-
	Canoe Club + Boat Building	River (Sedlec)	3:45 – 5:45	Mr. Wagner	-	10
	Tennis Club	Shark Tank	4:20 - 5:30	Ms. Jana	600 cz	12
	Kickboxing	Primary Jidelna	3:45 – 4:45	Ms. Jade	-	16
	LAMDA	Marlowe (AC)	3:30 – 4:45	Mr. Adam (PYT)	1500 cz	14
	Swimming Team (Invitation only)	Vystaviste Holesovice	4:00 – 5:30	Mr. Fernando / Mrs. Gilham	1750 cz	12
Thursday	Earth for Life	Tesla(AC)	Lunchtime	Mrs. Duffield	-	-
	Calligraphy	Picasso (AC)	3:30 - 4:45	Mr. Gonzalez	350 cz	10
	Beginner's Dutch	Chanel (AC)	3:30 – 4:45	Mrs. Celosse	-	10
	Homeless Outreach	Prague city	3:30 – 5:15	Mr. Celosse	-	-
	Basketball Team	Shark Tank	4:20 – 5:20	Mr. Rogers	-	-
	Glee Club	Smetana (JB)	3:30 – 4:45	Mr. Novak	-	-
	Theatre Lab	Marlowe (AC)	3:30 – 4:45	Mr. Zappi	-	-
Friday	Student Council	Gallery (AC)	Lunchtime	Mr. Clarke	-	-
	Worship Club	Gallery (AC)	7:45 – 8:15	Mr. Novak	-	-
	Song Writing	Marlowe (AC)	3:30 – 4:45	Mr. Zappi	-	-
	Economics Club	Annan (AC)	3:30 – 4:45	Mr. Kudashvili	-	-
	Volleyball Team	Sedlec	3:45 – 5:00	Mr. Fernando	-	-
	Graphic Design	DaVinci (AC)	3:30 – 4:45	Mr. Nam	-	10
	Elite Chamber Orchestra (Advanced Students)	Smetana (JB)	3:30 – 4:45	Mr. Maddocks	-	-
Saturday	Homeless Outreach	Prague city	08:00 – 10:30	Mr. Celosse	-	-

**Riverside's Skills for Life programme** is an extra-curricular offer of many different activities that will help our students to develop their full potential in many aspects and fields (sport, intellectual, musical, dance, drama, technological...)

The aims of the Skills for life programme are,

- to provide our students with **specialist instruction**
- to promote a **higher level of challenge** for each student
- to provide opportunities for students to participate in activities they may not otherwise choose, or be aware they have a skill in
- to provide opportunities for students to **display** skills through competition and performance
- to provide opportunities for children to be **rewarded** through the outcomes and achievement in their **specialist** activity
- to introduce **skills** that students will use and **develop throughout their lifetime**
- to provide **opportunities** for children to join sporting clubs and participate in **local** and **international** competitions
- to provide **experiences** for our students that will enhance their opportunities in careers and higher education
- to allow all students the opportunity to be **appropriately challenged** through **differentiation** and extension for our **gifted and talented**
- to provide an opportunity to take **calculated risks** and from this develop **confidence** and **determination**
- to raise **self esteem**
- to develop **leadership** skills
- to develop **successful** sport men and women

