



Riverside School
Prague

YEAR 3 TO YEAR 6 SKILLS FOR LIFE

Riverside School Prague

Abstract

This document is intended for those students that are attending Year 3 to Year 6 at Riverside School Prague.

Physical Education Department
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Year 3 - 6 Skills for Life – Term 3 (2018 - 2019)

Day	Skill for Life	Where	Time	Coordinator	Cost (czk)	Max.
Monday	Storytelling Club	Mrs. Bouda's Room	3:30 – 4:20	Mrs. Bouda	-	12
	Film Critics	Ms. Kingscott's Room	3:30 – 4:20	Ms. Kingscott	-	12
	Taekwondo	Jidelna	3:30 – 4:20	Mrs. Freeman	2000 cz	18
	Rugby (Y4 - Y6)	Shark Tank	3:30 – 4:20	Mr. Jacques	750 cz	16
	Indoor Golf	Podbaba Golf Club	3:05 – 4:30	Mr. Dagan / Ms. Tereza	1350 cz	12
	Outdoor Art	Mr. Norris' Room	3:30 – 4:20	Mr. Norris	-	12
	Football (Y3 - Y4)	Shark Tank	3:30 – 4:20	Prague English Football School	650 cz	15
	Vlastivěda for Czechs (Y5)	Czech Room	3:30 – 4:20	Mrs. Spanko	-	15
	Running Club (Y3 - Y6)	Ms. Manning's Room	3:30 – 4:20	Ms. Manning/ Ms. O'Connor	-	22
	Lego Robotics Competition Team (Y4 - Y6)	Riverview Library	3:30 – 4:20	Kiddum / Mr. Adam	2000 cz	12
Tuesday	SkateBoarding	Shark Tank	3:30 – 4:20	Mr. Radek / Ms. Anna	1800 cz	15
	Masterchef (Y3 and Y4)	Riverview Kitchen	3:30 – 4:20	Mrs. Fullarton / Ms. Erika	600 cz	12
	Create your Comic	Mr. Muller's Room	3:30 - 4:20	Mr. Santiago Sluby	1500 cz	15
	Seasonal Arts Crafts	Ms. Timmons' Room	3:30 – 4:20	Ms. Timmons	-	15
	Sailing (Y3 - Y6)	CERE Sailing Club	5:00 – 7:00	CERE Sailing Club	2750 cz	10
	Rowing Club (Y5 - Y6)	Bohemians Rowing Club	3:30 - 5:30	Bohemians Rowing Club	3000 cz	14
	LAMDA	Ms. Whittaker's Room	3:30 – 4:20	Prague Youth Theatre	1500 cz	12
Wednesday	Hip Hop	Shared Area	3:30 – 4:20	Mr. Bruno	1700 cz	15
	Young Film Set	Ms. Manning's Room	3:30 – 4:20	Young Film Set	2000 cz	15
	Tennis	Shark Tank	3:30 – 4:20	Ms. Sandova / Tennis Balance	1000 cz	15
	Boys Football (Y5 - Y6)	Shark Tank	3:30 – 4:20	Prague English Football School	650 cz	15
	Girls Soccer Club	3G Pitch	3:30 – 4:20	Ms. Oceane	-	14
	Volleyball Club (Y4-Y6)	Beach Volleyball Pitch	3:30 – 4:20	Mr. Rogers	-	12
	Swimming Team (Invitation only)	Vystaviste Pool	3:30 – 5:30	Mr. Fernando / Ms. O'Connor	1750 cz	8
	Lego Robotics (Y3 - Y6)	Riverview Library	3:30 – 4:20	Kiddum / Ms. Jelena	2000 cz	12
	Ceramics (Y5 and Y6)	Art Room	3:30 – 4:20	Ms. Jagadics	850 cz	12
	Design Club	Arts' Room	3:30 – 4:20	Ms. Erika	500 cz	14
	Ukelele Club (Y5 and Y6)	Mrs. Bouda's Room	3:30 - 4:20	Mrs. Mitaskova	850 cz	10
Thursday	Czech for Czechs Culture (Y4 only)	Czech Room	3:30 – 4:20	Mrs. Brodnicki	-	12
	Masterchef (Y5 and Y6)	Riverview Kitchen	3:30 – 4:20	Mrs. Fullarton / Ms. Anna	600 cz	12
	Basketball	Shark Tank	3:30 – 4:20	Mr. Muller / Mr. Rogers	-	30
	Philosophy / Debating Club (Y4-Y6)	Mr. Moore's Room	3:30 – 4:20	Mr. Moore	-	12
	MTV Dance	Mr. Norris' Room	3:30 – 4:20	ISMFA / Ms Tereza	2500 cz	12
	Hama Beads	Ms. Manning's Room	3:30 – 4:20	Ms. Ainslie	-	14
	Painting Club	Arts' Room	3:30 – 4:20	Ms. Ghavipankeh / Ms. Erika	300 cz	10
	Choir	Music Room	3:30 – 4:20	Ms. Klinge / Mr. Adam	-	25
Friday	Vlastiveda (Y6)	Czech Room	Lunchtime	Mr. Trubak	-	15

	World Dance and Movement	Primary Jidelna	3:30 - 4:20	Ms. Oceane	-	14
	Inline Skating	Shark Tank	3:30 – 4:20	Inline Talent / Ms. Anna	1200 cz	45
	Mindfulness Art	Mr. Norris' Room	3:30 – 4:20	Ms. Jelena	450 cz	12
	Books and Biscuits	Ms. Whittaker's Room	3:30 – 4:20	Ms. Whittaker	-	14
	Guitar Club	Music Room	3:30 – 4:20	Mrs. Mitaskova / Mr. David / Ms. Shawn	850 cz	10
Saturday	Surf	Surf Arena Letnany	11:00 - 12:00 (6 lessons in term 3)	Surf Arena	5000 cz	12
	Swimming Club (Y3 - Y4)	Vystaviste	11:00 - 12:00	WRSS	2000 cz	14
	Swimming Club (Y5 - Y6)	Vystaviste	12:00 - 13:00	WRSS	2000 cz	14
	Morning Football	3G	9:30 – 11:00	Prague English Football School	750 cz	-

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

