



# YEAR 7 / YEAR 8 SKILLS FOR LIFE

Riverside School Prague

[Abstract](#)

This document is intended for those students that are attending Year 7 and 8 at Riverside Junior High School Prague.

Physical Education Department  
Fernandomartinez@riversideschool.cz

## Year 7 - 8 Skills for Life – Term 1.1 (2020 - 2021)

Day	Skill for Life	Where	Time	Coordinator	Cost (czk)
<b>Monday</b>	Painting Mandalas	Rowling	12:20 - 1:00	Mrs. Irus	-
	Boys Football Club	Sedlec	3:40 - 4:40	Ms. Dignan	-
	Showtime	Cafeteria (JB)	3:30 - 4:45	Mrs. Sellers	-
<b>Tuesday</b>	Student Council	Cervantes (JB)	Lunchtime	Ms. Spring / Ms. Reilly	-
	Cello Club	Resource Center	3:30 – 4:30	Mrs. Blahova	-
	Bullet Journal	Rousseau (JB)	3:30 – 4:45	Ms. Marti	-
	Mountain Biking (Advance Skills)	Sedlec	3:45 - 4:45	Mr. Kainc	-
	Game Club (Board games/cards)	Magellan (JB)	3:30 – 4:45	Mrs. Rokaitis	-
	Graphic Novel Club	Rowling (JB)	3:30 – 4:45	Mr. Kidd	-
<b>Wednesday</b>	Swimming Club	Vystaviste Holesovice	4:00 – 5:30	Mr. Fernando	850 cz
	Riverside First Aid Heroes	Cafeteria (JB)	3:30 - 4:45	Ms. Huys	-
	Czech For Czechs (Year 8)	Palacky (JB)	3:30 - 4:30	Ms. Sarka	-
<b>Thursday</b>	Worship Band	Cafeteria (JB)	3:30 – 4:45	Miss Mullerova	-
	Basketball Team (Boys and Girls)	Shark Tank	3:45 – 4:45	Mr. Jorge / Ms. Jana	-
	Science Fair	Newton	3:30 - 4:45	Mrs. Falk / Mr. Millar	-
	Art Club	Aristotle (JB)	3:30 – 4:45	Mrs Trtikova	-
	Czech Fairy Tales, Myths and Legends	Luther (JB)	12:20 - 1:00	Mrs. Kocourkova	-
<b>Friday</b>	Czech Literature Club	Palacky (JB)	12:20 - 1:00	Ms. Zelena	-
	Girls Football Club	3g (Sedlec)	3:45 – 4:45	Mr. Fernando	-
	“Decology”	Magellan (JB)	3:30 – 4:45	Ms. Gonzalez	-
	3D Design and Tech	Newton (JB)	3:30 - 4:45	Mr. Hellam	-
	Yr 8 Cookery	Cafeteria (JB)	3:30 - 4:45	Mr. Maddocks	-

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**.

