



Riverside School
Prague

YEAR 7 TO 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 High School Prague.

Physical Education Department
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Year 7 - 8 Skills for Life – Term 1.2 (2020 - 2021)

Year 7 and Year 8 Skills for Life – Term 1.2 (2020 - 2021)						
Day	Skill for Life	Where	Time	Coordinator	Cost (czk)	Max.
Monday	Painting Mandalas	Rowling	12:20 - 1:00	Mrs. Irus	-	15
	Year 8 Table Tennis	Jordan Building	3:30 - 4:45	Mr. Jorge	-	16
	Showtime	Cafeteria (JB)	3:30 - 4:45	Mrs. Sellers / Ms. Gonzalez	-	30
Tuesday	Student Council	Cervantes (JB)	Lunchtime	Miss Marti/Ms. Reilly	-	10
	Cello Club	Resource Center	3:30 – 4:30	Mrs. Blahova	-	6
	Bullet Journal	Rousseau (JB)	3:30 – 4:45	Ms. Marti	-	10
	Mountain Biking (Advance Skills)	Sedlec	3:45 - 4:45	Mr. Kainc	-	8
	Game Club (Board games/cards)	Magellan (JB)	3:30 – 4:45	Mrs. Rokaitis	-	14
	Graphic Novel Club	Rowling (JB)	3:30 – 4:45	Mr. Kidd	-	10
Wednesday	Swimming Club	Vystaviste Holesovice	4:00 – 5:30	Mr. Jorge / MS. Jana	850 cz	12
	Riverside First Aid Heroes	Cafeteria (JB)	3:30 - 4:45	Ms. Huys	-	14
	Czech For Czechs (Year 8)	Palacky (JB)	3:30 - 4:30	Ms. Sarka	-	15
Thursday	Year 7 Table tennis	Jordan Building	3:30 – 4:45	Ms. Jana	-	16
	Science Fair	Newton	3:30 - 4:45	Mrs. Falk / Mr. Millar	-	15
	Art Club	Aristotle (JB)	3:30 – 4:45	Mrs Trtikova	-	15
	Chess Club	Magellan (JB)	3:30 – 4:45	Mr. Vergatos	-	15
	Czech Fairy Tales, Myths and Legends	Luther (JB)	12:20 - 1:00	Mrs. Kocourkova	-	15
Friday	Czech Literature Club	Palacky (JB)	12:20 - 1:00	Ms. Zelena	-	15
	Running Club	Letna Park	3:30 – 4:30	Ms. Jana	-	20
	3D Design and Tech	Newton (JB)	3:30 - 4:45	Mr. Hellam	-	15
	Yr 8 Cookery	Cafeteria (JB)	3:30 - 4:45	Mr. Maddocks	250 cz	10

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**.

