



# YEAR 9 TO YEAR 13 SKILLS FOR LIFE

Riverside School Prague

[Abstract](#)

This document is intended for those students that are attending Year 9 to 13 at Riverside High School Prague.

Physical Education Department  
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## Year 9 - 13 Skills for Life – Term 1.2 (2020 - 2021)

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Day	Skill for Life	Where	Time	Coordinator	Cost (czk)	Max.
<b>Monday</b>	<b>Extended Essay Support</b>	Klein (AC)	3:30 – 4:45	Mrs. Telfer	-	-
	<b>Economics Club</b>	Annan (AC)	3:30 – 4:45	Mr. Kudashvili	-	-
	<b>Journaling Club</b>	Da Vinci (AC)	3:30 – 4:45	Mrs. Ntafopoulou	-	-
	<b>Comedy Club</b>	Austen (AC)	3:30 – 4:45	Mr. Telfer	-	-
	<b>Running Club</b>	Letna Park	3:30 – 4:45	Mr. Ugolini	-	20
	<b>Guitar Building Club</b>	Da Vinci (AC)	3:30 – 4:45	Mr. Myers	3000 cz	10
	<b>Music Technology</b>	Smetana and Bowie (JB)	3:30 - 4:45	Mr. Fullarton	-	5
	<b>Riverside Rush Newspaper Club</b>	Shelley (AC)	3:30 – 4:45	Mr. Pickering	-	-
	<b>Literary Magazine</b>	Marlowe (AC)	3:30 – 4:45	Ms. Zebrowska	-	10
	<b>Cello Club</b>	Resource Center (JB)	3:30 – 4:30	Mrs. Blahova	-	6
<b>Tuesday</b>	<b>Swimming Club</b>	Vystaviste Holesovice	7:00 – 8:00	Mr. Fernando	850 cz	24
	<b>Radio Play Production</b>	Marlowe (AC)	3:30 – 4:45	Mr. Zappi	-	-
	<b>Fundamentals of Weight Training</b>	Factory Pro Gym	3:30 – 4:45	Mr. Taufer	-	6
	<b>City Walking Club</b>	Gallery (AC) / Prague	3:30 – 4:45	Mrs. Celosse	-	-
	<b>Photography Club</b>	Da Vinci (AC)	3:30 – 4:45	Mr. Simpson	-	12
	<b>Origami Club</b>	Kingsley (AC)	3:30 – 4:45	Mr. Plummer	-	-
	<b>Athletics Club</b>	Letna Park	3:30 - 4:30	Mr. Jorge	-	15
<b>Wednesday</b>	<b>Fundamentals of Weight Training</b>	Factory Pro Gym	7:00 - 8:00	Mr. Taufer	-	6
	<b>Mountain Biking Club (Y9-Y10)</b>	Arts Center / Stromovka Park	3:30 - 4:45	Mr. Kainc	-	10
	<b>LAMDA</b>	Marlowe (AC)	3:30 – 4:45	Mr. Adam (PYT)	750 cz	14
<b>Thursday</b>	<b>Calligraphy</b>	Picasso (AC)	3:30 - 4:45	Mr. Gonzalez	150 cz	10
	<b>Drawing MasterClass</b>	Rodin (AC)	3:30 – 4:45	Mrs. O'Brien	-	12
	<b>Y10-13 Engineering Club</b>	Early Years Garage	3:45 – 5:00	Mr. Evans	300 cz	8
	<b>Praise &amp; Worship</b>	Gallery (AC)	3:30 – 4:45	Mr. Novak	-	15
	<b>Y9 Engineering Club</b>	Kepler (AC)	3:30 – 4:45	Mrs. Calabria	300 cz	10
	<b>Model UN</b>	Watson (AC)	3:30 – 4:45	Mr. Russell / Mrs. Russell	-	-
	<b>Rap Music Club</b>	Tacitus (AC)	3:30 – 4:45	Mr. Loo	-	-
	<b>Radio Play Production</b>	Marlowe (AC)	3:30 – 4:45	Mr. Zappi	-	-
<b>GO!</b>	Erasmus (AC)	3:30 – 4:45	Mr. Hellam	-	-	
<b>Friday</b>	<b>Fundamentals of Weight Training</b>	Factory Pro Gym	7:00 - 8:00	Mr. Taufer	-	6
	<b>Student Council</b>	Tacitus (AC)	Lunchtime	Mr. Clarke	-	-
	<b>Homeless Outreach Prep.</b>	Gallery (AC)	3:30 – 4:45	Mr. Celosse	-	-
	<b>Chess Club</b>	Tacitus (AC)	3:30 – 4:45	Mr. Launder	-	12
	<b>Song Writing</b>	Marlowe (AC)	3:30 – 4:45	Mr. Zappi	-	-
<b>Sunday</b>	<b>Kayaking Skills</b>	Vystaviste Pool	6:30 - 8:00 pm	Mr. Kainc / Mrs. Muller	750 cz	12

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**.

