



**Riverside** School  
*Prague*

# YEAR 1 AND YEAR 2 SKILLS FOR LIFE

Riverside School Prague

## Abstract

This document is intended for those students that are attending Year 1 and Year 2 at Riverside Primary School Prague.

Physical Education Department  
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## Year 1 - 2 Skills for Life – Term 2 (2021 - 2022)

Day	Skill for Life	Where	Time	Coordinator	Cost (czk)	Max.
<b>Monday</b>	<b>Zoology Club</b>	Ms. O'Brien's Room	3:30 – 4:20	Ms. O'Brien	-	14
	<b>Super Hero Club</b>	Mr. Haig's Room	3:30 – 4:20	Mr. Haig	-	16
	<b>Singing Club</b>	Music Room	3:30 – 4:20	Mr. Burt	-	14
	<b>Active Games</b>	Shark Tank	3:30 – 4:20	Mr. Pablo	-	14
	<b>Fun Dance</b>	Mrs. Ojeda's Room	3:30 – 4:20	Mrs. Ojeda	-	14
<b>Tuesday</b>	<b>Arts and Crafts</b>	Ms. Carne's Room	3:30 – 4:20	Ms. Carne	250 czk	14
	<b>Yoga Club</b>	Music room	3:30 – 4:20	Ms. Veliotos	-	14
	<b>Books and Biscuits</b>	Ms. Swain's Room	3:30 – 4:20	Ms. Swain	100 czk	14
	<b>Sculpture Club</b>	Art Room	3:30 – 4:20	Ms. Bourgoin / Ms. Mariia	500 czk	10
<b>Wednesday</b>	<b>Ballet</b>	Music Room	3:30 – 4:20	Rosa Danza / Ms. Bourgoin	1500 czk	12
	<b>Lego Robotics</b>	Mrs. Ojeda's Room	3:30 – 4:20	Kiddum / Mrs Kidd	1800 czk	12
<b>Thursday</b>	<b>Taekwondo</b>	Riverview Jidelna	3:30 – 4:20	Mrs. Freeman / Ms. Bourgoin	2000 czk	18
	<b>Tennis Club</b>	Shark Tank	3:30 – 4:20	Ms. Shchipakina	-	10
	<b>Origami Club</b>	Mr. Haig's Room	3:30 – 4:20	Mrs. Kidd / Ms. Flynn	-	14
	<b>Exploring Science</b>	Mrs. Ojeda's Room	3:30 – 4:20	Mr. Burt / Mrs. Haas	300 czk	14
<b>Friday</b>	<b>Gymnastics</b>	Shark Tank	3:30 – 4:20	Mr. Fernando / Ms. Alexandra	-	18
	<b>Book Illustration</b>	Mr. Haig's Class	3:30 – 4:20	Mrs. Haas	250 czk	14
<b>Saturday</b>	<b>Swimming Club</b>	Vystaviste Pool	10:00 - 11:00	WRSS	2000 czk	20
	<b>Tennis School (Year 1)</b>	Shark Tank (Riverside Bubble)	11:30 - 12:15	Ms. Alexandra	1750 czk	6
	<b>Tennis School (Year 2)</b>	Shark Tank (Riverside Bubble)	12:15 - 13:00	Ms. Alexandra	1500 czk	6

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**.

