



Riverside School
Prague

YEAR 7 AND YEAR 8 SKILLS FOR LIFE

Riverside School Prague

Abstract

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

Physical Education Department
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Year 7 - Year 8 Skills for Life – Term 2 (2021 - 2022)

Day	Skill for Life	Where	Time	Coordinator	Cost (czk)	Max.
Monday	Show time Term 1 & 2	JH Cafeteria (JB)	3:30 – 4:45	Mrs. Sellers, Ms. Dignan	-	-
	Nintendo Club	Palacky (JB)	3:30 – 4:45	Mr. Ellis	-	14
	Girls Football	Sedlec (Primary)	3:45 - 4:45	Mr. McCloy	-	20
Tuesday	Swimming Club	Vystaviste Holesovice	7:00 – 8:00	Mr. Fernando	2100 cz	24
	The Shark Scribbler	Rowling (JB)	3:30 – 4:45	Mr. Kidd	-	14
	3D Design and Printing	Palacky (JB)	3:30 – 4:45	Mr. Hellam	-	14
	Boys Football Club	3G Pitch (Sedlec)	3:45 - 4:45	Mr. Vergatos	-	20
Wednesday	Winter Camping Prep	Magellan (JB)	Lunchtime	Mrs. Muller	-	-
	Girls Trekking Club (Starting in 2.2)	Magellan (JB)	Lunchtime	Mrs. Muller	-	-
	Swimming Team (by invitation)	Vystaviste Holesovice	4:00 – 5:30	Mr. Fernando / Mr. Vergara	2100 cz	12
	Dungeons and Dragons Club	Cafeteria (JB)	3:30 – 4:30	Heroe Hub	2100 cz	8
	Table Tennis and 4Square	Courtyard (JB)	3:30 – 4:45	Mr. Jorge	-	16
Thursday	Rock Climbing (Starting in 2.2)	CTU Podbaba Hall	7:00 - 8:00	Mr. Kainc / Mr. Pablo	800 cz	12
	Student Council	Luther (JB)	Lunchtime	Ms. Marti / Ms. Reilly / Ms. Dignan	-	15
	Friendship Bracelets	Rousseau (JB)	3:30 – 4:45	Ms. Mullerova	200 cz	14
	Science Fair	Curie (JB)	3:30 – 4:45	Mr. Millar / Mrs. Calabria	-	20
	Art Club	Da Vinci (AC)	3:30 – 4:45	Ms. Trtikova	-	14
Friday						
Saturday	Swimming Club (Y7 - Y9)	Vystaviste	12:00 - 13:00	WRSS	2000 cz	15
	Tennis School (Year 7-9)	Petriny	9:00 - 10:00	Tennis Balance	2400 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**.

