



**Riverside** School  
*Prague*

# JUNIOR HIGH (YEAR 7 TO YEAR 9) SKILLS FOR LIFE

Riverside School Prague

## Abstract

This document is intended for those students that are attending Year 7, Year 8 and Year 9 at Riverside Junior High School Prague.

Physical Education Department  
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### Year 7 to Year 9 Skills for Life – Term 3 (2021 - 2022)

Day	Skill for Life	Where	Time	Coordinator	Cost (czk)	Max.
<b>Monday</b>	<b>Running Club</b>	Letna Park	7:00 - 8:00	Mr. Jorge	-	14
	<b>Riverside Dance Company</b>	Marlowe(AC)	3:30 – 4:45	Mrs. Zebrowska	-	-
	<b>Basketball Club</b>	Sedlec (Primary)	3:45 - 4:45	Mr. McCloy	-	20
	<b>Art Club</b>	Da Vinci (AC)	3:30 – 4:45	Ms. Trtikova	-	14
	<b>Chess Club</b>	Tacitus (AC)	3:30 – 4:45	Mr. Launder	-	14
<b>Tuesday</b>	<b>Swimming Club</b>	Vystaviste Holesovice	7:00 – 8:00	Mr. Fernando	1850 cz	24
	<b>The Shark Scribbler</b>	Rowling (JB)	3:30 – 4:45	Mr. Kidd	-	14
	<b>Basic Electronics and Robotics</b>	Palacky (JB)	3:30 – 4:45	Mr. Hellam	-	14
	<b>Nintendo Club</b>	Palacky (JB)	3:30 – 4:45	Mr. Ellis	-	14
	<b>Boys Football Club</b>	3G Pitch (Sedlec)	3:45 - 4:45	Mr. Vergatos	-	20
	<b>Beach Volleyball</b>	Beach Volleyball Pitch (Sedlec)	3:45 - 4:45	Mr. Fernando / Mike and Ash	-	14
	<b>Woodwind Ensemble</b>	Parks (JB)	3:30 - 4:30	Ms. Vystejnova	-	6
	<b>Canoeing Club (Y8 only)</b>	Vltava River	3:30 – 4:30	Mr. Millar - Mrs. Muller	-	15
<b>Wednesday</b>	<b>Girls Trekking Club</b>	Magellan (JB)	Lunchtime	Mrs. Muller	-	-
	<b>Swimming Team (by invitation)</b>	Vystaviste Holesovice	4:00 – 5:30	Mr. Fernando / Mr. Vergara	1850 cz	12
	<b>LAMDA (Y9)</b>	Marlowe (AC)	3:30 – 4:45	Mr. Adam (PYT)	1500 cz	14
	<b>Running Club</b>	Letna Park	3:30 – 4:30	Mr. Smith	-	10
<b>Thursday</b>	<b>Rock Climbing</b>	CTU Podbaba Hall	7:00 - 8:00	Mr. Kainc / Mr. Pablo	800 cz	10
	<b>Student Council</b>	Luther (JB)	Lunchtime	Ms. Marti / Ms. Reilly / Ms. Dignan	-	15
	<b>Friendship Bracelets</b>	Rousseau (JB)	3:30 – 4:45	Ms. Mullerova	200 cz	14
	<b>Running Club (Y9-13)</b>	Letna Park	3:30 – 4:45	Mr. Ugolini	-	10
	<b>Corner Concerts</b>	Smetana (JB)	3:30 – 4:45	Mr. Myers	-	14
	<b>Science Fair Prep</b>	Science Room (JB)	3:30 – 4:45	Mrs. Calabria	-	16
	<b>Self Defense</b>	Martial Arts Academy Letna	4:00 - 5:00	Mrs. Freeman	2000 cz	12
	<b>Theatre LAB (Y9-13)</b>	Marlowe (AC)	3:30 – 4:45	Mr. Burt	-	16
<b>Friday</b>						
<b>Saturday</b>	<b>Indoor Surfing Club (3 sessions)</b>	SurfArena	10:00 - 11:00	SurfArena	4750 czk	12
	<b>Swimming Club</b>	Vystaviste	12:00 - 13:00	WRSS	1800 cz	15
	<b>Tennis School</b>	Petriny	9:00 - 10:00	Tennis Balance	2000 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**.

