



YEAR 10 TO YEAR 13 SKILLS FOR LIFE

Riverside School Prague

Abstract

This document is intended for those students that are attending Year 10 to Year 13 at Riverside Senior High School Prague.

Physical Education Department
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Year 10 to Year 13 Skills for Life – Term 3 (2021-2022)

Day	Skill for Life	Where	Time	Coordinator	Cost (czk)	Max.
Monday	Running Club	Letna Park	7:00 - 8:00	Mr. Jorge	-	14
	Riverside Dance Company	Marlowe(AC)	3:30 – 4:30	Mrs. Zebrowska	-	-
	Doctor Who Club!	Keats (AC)	3:30 – 4:30	Mr. Telfer	-	14
	Chess Club	Tacitus (AC)	3:30 – 4:30	Mr. Launder	•	14
	Homeless Outreach	The Gallery (AC) Prague city	3:30 – 5:15	Mr. Celosse	-	-
	So You want to talk about Race (Book Discussion Club)	Erasmus (AC)	3:30 – 4:30	Mrs. Myers	-	14
	Extended Essay Support (Y12)	Klein (AC)	3:30 – 4:30	Mrs. Telfer	-	14
	SH Assembly Musicians	Gallery (AC)	3:30 – 4:30	Mr. Fullarton	-	-
	Active Activities at the Park	Letna Park	3:30 – 4:30	Ms. Gonzalez	-	14
	Eco Farm Project	Metronom EcoFarm	3:30 – 4:30	Mrs. Saunier	-	14
	White Water Kayak Skills	Troja Rapids	3:30 - 6:30	Mr. Kainc	1000 cz	7
	Rock Band	Bowie (JB)	3:30 – 4:30	Mr. Maddocks	-	12
Tuesday	Swimming Club	Vystaviste Holesovice	7:00 – 8:00	Mr. Fernando	1850 cz	24
	Controlling Stress (Y9-13)	Picasso	3:30 – 4:30	Mrs. Irus	-	14
	Riverside Rush Newspaper Club	Shelley (AC)	3:30 – 4:30	Mr. Pickering	-	14
	Latin Thinkers & Language	Languages Resource Room	3:30 – 4:30	Mr. Heckel	-	14
	Basketball Club	Shark Tank	3 45 - 5 00	Mr. Fernando		
	Journaling	Picasso (AC)	3:30 – 4:30	Mr. Gonzalez	-	14
	Urban Walking Club	Prague City	3:30 – 4:30	Mrs. Celosse	•	14
	Music Blogging Workshop	Pascal (AC)	3:30 – 4:30	Mr. Loo	-	10
	Beach Volleyball	Beach Volleyball Pitch (Sedlec)	3:45 - 4:45	Mr. Fernando / Mike and Ash	-	14
	Weightlifting Training (Y12-13)	Factory Pro	3:30 – 4:45	Mr. Taufer	-	8
Wednesday	Duke of Edinburgh	Floor 2 (Euclid / DaVinci)	Lunchtime (Period 5 and 6)	Mrs. Plummer / Mrs. Entwistle / Mr. Stine / Mr. Bevan	-	-
	LAMDA	Marlowe (AC)	3:30 – 4:30	Mr. Adam (PYT)	1500 cz	14
	Weightlifting Training (Y10-11)	Factory Pro	3:30 – 4:45	Mr. Jorge	-	8
	Study Center (Y10-Y13)	Gallery (AC)	3:30 – 4:30	Mr. Heckel	-	-
	Swimming Club	Vystaviste Holesovice	4:00 – 5:30	Mr. Fernando	1850 cz	12
Thursday	Rock Climbing	CTU Podbaba Hall	7:00 - 8:00	Mr. Kainc / Mr. Pablo	800 cz	10
	Model UN	Pascal (AC)	3:30 – 4:30	Mr. Plummer	-	20
	Drawing Masterclass	Rodin (AC)	3:30 – 4:30	Ms. O'Brien	-	14
	Economics Club	Annan (AC)	3:30 – 4:30	Mr. Kudashvili	-	14
	Boys Football Club	3G Pitch Sedlec	3:45 - 4:45	Mr. Fernando	-	15
	Running Club (Y9-13)	Letna Park	3:30 – 4:45	Mr. Ugolini	-	14
	Building Bridges (Helping Students at Risk)	5th Floor	3:30 – 4:30	Mrs. Levison	-	14
	Theatre LAB (Y9-13)	Marlowe (AC)	3:30 – 4:30	Mr. Burt	-	16
	Tennis Club	Letna Courts	4:00 - 5: 30	Mr. Heckel	750 cz	8
Friday	Student Council	Gallery (AC)	3:30 – 4:30	Mr. Clarke	-	-
	Engineering Club	Early Years Garage	3:45 – 5:00	Mr. Evans	500 cz	8
	Go and Shogi	Erasmus (AC)	3:30 – 4:30	Mr. Hellam	•	14
Saturday	Swimming Club (Y10 only)	Vystaviste	12:00 - 13:00	WRSS	1850 cz	15
	Indoor Surfing Club (3 sessions)	SurfArena	10:00 - 11:00	SurfArena	4750 czk	12

	Tennis School (Year 7-12)	Petriny	9:00 - 10:00	Tennis Balance	2000 cz	10
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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**.

