



**Riverside** School  
*Prague*

# JUNIOR HIGH SKILLS FOR LIFE

Riverside School Prague

## Abstract

This document is intended for those students that are attending Year 7 to Year 9 at Riverside Primary School Prague.

Physical Education Department  
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Junior High Skills for Life – Term 1 (2022 - 2023)						
Day	Skill for Life	Where	Time	Coordinator	Cost (czk)	Max.
Monday	ROA Award	Miyazaki (JB)	Lunchtime	Mrs. Muller	500 czk	-
	Junior Christian Union (Y7-8)	Zimmer (JB)	Lunchtime	Mr. O'Neill	-	-
	Show time Term 1 & 2	JH Cafeteria (JB)	3:30 – 4:45	Mrs. Sellers / Ms. Martyn	-	-
	Boys Football Club	Letna Park Football Pitch	3:45 - 5:15	Mr. Vergatos	-	25
	Volleyball Club	Sedlec (Primary School)	3:45 - 5:15	Mr. Jorge	-	20
	Boys Basketball Club (From November 7th)	Sedlec (Primary School)	3:45 - 5:15	Mr. Fernando / Mr. McCloy	-	25
	Girls Basketball Club (From November 7th)	Sedlec (Primary School)	3:45 - 5:15	Mr. Fernando / Mr. McCloy	-	25
	Pottery Arts Creation	Da Vinci	3:30: 4:30	Ms. Ortega	350 cz	13
	Eco-Council	Curie (JB)	3:30 - 4:30	Ms. De Haan / Mrs. Woodward	-	14
Tuesday	Swimming Club (From October)	Vystaviste Holesovice	7:00 – 8:00	Mr. Fernando	1500 cz	18
	Student Council	Curie (JB)	Lunchtime	Mrs. Muller / Ms. Trtikova / Ms. Sprung	-	-
	Boys Football Club	Primary School	3:45 - 5:15	Mr. Vergatos / Mr. Wise	-	25
	Girls Football Club	Letna Football Pitch	3:45 - 5:15	Mr. Fernando / Mr. McCloy / Ms. Davies	-	25
	Coding Challenges	Hawking (JB)	3:30 – 4:30	Mr. Hellam	-	14
	Creativity Club	Keller (AC)	3:30 - 4:30	Mrs. Celosse	-	14
	Rock Climbing (From November)	Podbaba Hall	7:00 - 8:00	Mr. Kainc / Mr. Wise	850 cz	14
Wednesday	Swimming Team Practice (From October)	Vystaviste Holesovice	4:00 – 5:30	Mr. Fernando	1500 cz	21
	LAMDA	Marlowe (AC)	3:30 - 4 :30	Prague Youth Theatre	2000 cz	12
	MTB Club (Until Half Term)	Primary School	3:45 – 5:15	Mr. Kainc	-	10
	Running Club	Letna Park	3:30 - 4:30	Mr. Jorge	-	10
Thursday	Friendship Bracelets	Rousseau (JB)	3:30 – 4:30	Ms. Mullerova	100 cz	14
	Science Fair	Newton (JB)	3:30 – 4:30	Mr. Millar / Mrs. Calabria	-	20
	Creative Writing	Rowling (JB)	3:30 – 4:30	Ms Nugent	-	14
	Drawing Masterclass	Da Vinci (AC)	3:30 – 4:30	Ms. Trtikova	-	16
	Kayaking (Until Half Term) (Y9 only)	Sedlec (Primary Campus)	3:45 - 5 15	Mr. Kainc	-	7
	Girls Basketball Team (From November 7th)	Sedlec (Primary School)	3:45 - 5 15	Mr. Fernando / Ms Davies	-	20
	Rock Climbing (From November)	Mammut Hall Holesovice	3:45 - 5:30	Mr. Kainc / Mr. Wise	850 cz	14
Friday	Debate Club	Rousseau (JB)	3:30 – 4:30	Mr. O'Neill	-	14
	Wrestling Club	4th Floor (AC)	3:30 – 4:30	Mr. Stine	-	14
	Zumba Club	5th Floor (AC)	3:30 – 4:30	Mrs. Torres	-	14
Saturday	Swimming Club (Y7 - Y9)	Vystaviste	12:00 - 13:00	WRSS	2200 cz	15
	Tennis School (Year 7-8)	Petriny	10:00 - 11:00	Tennis Balance	3000 cz	10
	Tennis School (Year 9)	Petriny	11:00 - 12:00	Tennis Balance	3000 cz	10
	Morning Football	3G Sedlec (Primary School)	10:15 – 11:15	Mr. McCloy / Mr. Ward	1800 cz	-

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**.

