



**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 2 (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/Ms.Sprung	-	-
	Boys Basketball Club (until March 11th)	Sedlec (Primary School)	3:45 - 5:15	Mr. Jorge	-	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	-	14
Tuesday	Swimming Club	Vystaviste Holesovice	7:00 – 8:00	Mr. Fernando	2000 cz	18
	Kayak Rolls (Year 9)	Vystaviste Holesovice	7:00 – 8:00	Mr. Kainc / Mr. Wise	750 cz	10
	Student Council	Hawking (JB)	Lunchtime	Mrs. Muller / Ms. Trtikova / Ms. Sprung	-	-
	Boys Basketball Club (until March 11th)	Sedlec (Primary School)	3:45 - 5:15	Mr. McCloy	-	25
	Coding Challenges - Graphics!	Hawking (JB)	3:30 – 4:30	Mr. Hellam	-	14
	Creativity Club	Keller (AC)	3:30 - 4:30	Mrs. Celosse	-	14
	Bible Study Club	Kingsley (AC)	3:30 - 4:390	Mrs. Corpus	-	12
	Electronic Music Production (Year 9)	Bowie (JB)	3:30 – 4:30	Mr. Fullarton	-	12
	Zumba Club	5th Floor (AC)	3:30 – 4:30	Mrs. Torres	-	14
Wednesday	Swimming Team Practice	Vystaviste Holesovice	4:00 – 5:30	Mr. Fernando	2000 cz	21
	Rock Climbing (From February 1st )	Podbaba Hall	7:00 - 8:00	Mr. Kainc / Mr. Wise	850 cz	10
	LAMDA	Marlowe (AC)	3:30 - 4 :30	Prague Youth Theatre	1750 cz	12
	Girls Basketball (until March 11th)	Sedlec (Primary School)	3:45 - 5 15	Ms Davies	-	20
	Running Club	Letna Park	3:30 - 4:30	Mr. Jorge	-	10
Thursday	Friendship Bracelets	Turing (JB)	3:30 – 4:30	Ms. Mullerova	100 cz	14
	Ice-Skating (until February 17th)	Letna Park	3:30 – 4:30	Mr. Ugolini / Mr. Heckel	-	20
	Science Fair	Newton (JB)	3:30 – 4:30	Mr. Millar / Mrs. Calabria	-	20
	Creative nonfiction Writing	Rowling (JB)	3:30 – 4:30	Ms Nugent	-	14
	Drawing Masterclass	Da Vinci (AC)	3:30 – 4:30	Ms. Trtikova	-	16
	Corner Concerts Club	Bowie (JB)	3:30 - 4:30	Mr. Myers	-	-
	Girls Basketball (until March 11th)	Sedlec (Primary School)	3:45 - 5 15	Mr. Fernando	-	20
	FILM CLUB	Picasso (AC)	3:30 - 4:30	Mrs. Irus	-	14
	Literary Magazine	Austen (AC)	3:30 - 4:30	Mrs. Zebrowska	-	12
Friday	Debate Club	Turing JH	3:30 – 4:30	Mr. O'Neill	-	14
	Wrestling Club	4th Floor (AC)	3:30 – 4:30	Mr. Stine	-	14
	Youth Group (View only)	Student Dorms	5:30-7:30	Mr Maddocks	-	-
Saturday	Swimming Club	Vystaviste	12:00 - 13:00	WRSS	2000 cz	14
	Tennis School (Year 7-8-9)	Petriny	9:45 - 10:45	Tennis Balance	2000 cz	8
	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**.

