



Riverside School
Prague

EARLY YEARS SKILLS FOR LIFE

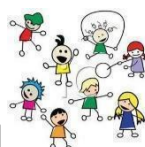
Riverside School Prague

Abstract

This document is intended for those students that are attending Reception and Nursery at Riverside Early Years School Prague.

Physical Education Department
Fernandomartinez@riversideschool.cz

Riverside Early Years Clubs Term 1



- Clubs start from Monday, **18th September**.
- Clubs run from 3.00pm -3.45pm. If your child is enrolled in a club, please collect your child from their club at 3.45pm or sign them up on-line for our Extended Day programme.
- Nursery students may enrol in two clubs per week for Term 1.
- Reception students may enrol in three clubs per week.
- There may be a limited number of children enrolled in some of our clubs, so we appreciate your understanding if your child does not get into their first choice club.
- Sign-ups should be done **on-line** through SchoolsBuddy (including clubs from external providers). Mr. Fernando will be sending an email in the coming days with more information about how to sign up. (fernandomartinez@riversideschool.cz)

In addition to our clubs, **Extended Day** is available every day. Cost is 100 CZK/hour and runs from 3.00pm until 4:45pm.

Early Years After School Programme (Skills for Life and Extended Day)					
	Monday	Tuesday	Wednesday	Thursday	Friday
3.00pm-3.45pm Skills for Life <i>(with a fee)</i>	Broadway Dance <i>Rosa Dance and Movement Studio</i> Teacher - Agathe	Sports Academy of Superheros <i>Berukrozky</i>	Lego World <i>Berukrozky</i>	Pre-Ballet <i>Rosa Dance and Movement Studio</i> Teacher - Agathe Football <i>Bruno Nobru de Souza</i>	Capoeira <i>Bruno Nobru de Souza</i>
3.00pm-3.45pm Skills for Life <i>(No fee)</i>	Staying Active <i>Sports, strength, coordination and movement games</i>	Explorers Club <i>Learning about the world around us</i>	Staff Meeting	Construction <i>Building and small world play, indoor and outdoor</i>	Creative Connections <i>Art, Music and Drama</i>
3.00pm-4.45pm Extended Day	Extended Day	Extended Day	Extended Day	Extended Day	Extended Day

Monday

- **Staying Active** - Welcome to our vibrant Early Years club, where budding athletes embark on a journey of fun and fitness, helping to foster their love for sports, enhance their strength, and refine their coordination and movement skills.
- Learn how to express yourself in **Broadway Dance**! You will learn a variety of different dance moves in this class offered by Rosa Dance Studio (*Minimum participation is 5 children*).

Tuesday

- **Sports for Superheros** - The children will be learning skills and playing various movement games that will bring them to Superhero status: jumping over "lava", throwing a "meteorite", etc. (*Minimum participation is 5 children*).
- **Explorers Club** - Join us in exploring the world and community around us through outdoor activities and adventures. We will explore our wonderful garden here at Riverside, some areas in the local community and we may even have some visitors with us over the year.

Wednesday

- **Lego Word** - The children will play short games aimed at developing a child's logical thinking. After "warming up" and repeating the basic principles, the children will be presented with a challenge and then given time to build their own creations (*Minimum participation is 5 children*).

Thursday

- **Construction** - We can build with all sorts of objects, both indoors and outdoors! Come and explore blocks, lego, wood and a variety of other items in Construction Club.
- Learn the basics of ballet in Ms. Rosa's **Pre-Ballet Club**.
- Practice kicking, running and playing with your friends in our **Football Club**.

Friday

- Our **Capoeira Club** is Brazilian martial arts mixed with traditional Brazilian music (*Maximum participation is 8 children*).
- **Creative Connections** - Discover a world of imagination and expression as we have fun with instrument and rhythm games, movement and sing-alongs, exploring

colours and textures, crafting masterpieces and engaging in storytelling and role-play.



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**.

