



**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 (2023 - 2024)

Day	Skill for Life	Where	Time	Coordinator	Cost (czk)	Max.
Monday	Showtime	Cafeteria	3:30 - 4:30	Mrs. Sellers / Ms. Sprung / Ms. Martyn	-	-
	Chess	Nightingale (AC)	3:30 - 4:30	Mr. Loebel	-	-
	Boys JH Football	Letna Park	3:30 - 4:30	Mr. Stine	-	-
	Boys Basketball (from October 30th)	Shark Tank	3:45 - 5:00	Mr. Stine	-	-
	Flight Simulation/Gaming	Kahlo	3:30 - 4:30	Mr. Wilson	-	-
	Secondary Volleyball	Sedlec (Primary Campus)	3:45 - 5:00	Mr. Jorge	-	-
Tuesday	Swimming Club	Vystaviste Holesovice	7:00 – 8:00	Mr. Fernando	1850 cz	18
	Film Production Club	Da Vinci (AC)	3:30 - 4:30	Ms. Dedikova	-	-
	Girls Football Team	Sedlec (Primary Campus)	3:30 - 4:30	Mr. McCloy	-	-
	Logic Puzzles Club	Euclid (AC)	3:30 - 4:30	Ms. Cordell	-	14
	Creative AI	Hawking (JB)	3:30 - 4:30	Mr. Hellam	-	-
	Kayaking (Y9)	Sedlec (Primary Campus)	3:45 - 5:00	Mr. Kainc / Ms. Jana	-	10
	Engineering Club (Y9)	Kepler (AC)	3:30 - 4:30	Mr. Loo	500 cz	-
	Boys Basketball (from October 30th)	Shark Tank	3:45 - 5:00	PE Staff	-	-
	Climbing Club (From October 30th)	Podbaba	7:00 - 8:00	Mr. Kainc / Ms. Jana	750 cz	12
Wednesday	Eco Council / Student Council	Miyazaki	Period 5&6	Miss Siska / Mrs Selikowitz	-	-
	Swimming Team Practice	Vystaviste Holesovice	4:00 – 5:30	Mr. Fernando	2100 cz	24
	LAMDA	Marlowe (AC)	3:30 - 4 :30	Prague Youth Theatre	2000 cz	12
	Martial Arts	Cafeteria	3:30 - 4 30	Coach Dudley	1750 cz	14
	Mountain Biking Club	Sedlec (Primary Campus)	3:30 - 4:30	Mr. Kainc	-	12
	Touch Rugby (until 1.2)	Sedlec (Primary Campus)	3:45 - 5:00	Ms. Davies	-	20
	Badminton (October 30th)	Sedlec (Primary Campus)	3:45 - 5:00	Ms. Davies	-	20
	Climbing Club (From October 30th)	Podbaba	7:00 - 8:00	Mr. Kainc / Mr. Wise	750 cz	12
Thursday	Vox Riverside Choir	Zimmer	Lunchtime	Mr. Zappi	-	-
	Speech and Debate	Zimmer	3:30 - 4:30	Mr. O'Neill	-	-
	JH Assembly Musicians	Cafeteria	3:30 - 4:30	Mr. Fullarton	-	-
	Shark Scribbler	Rowling	3:30 - 4:30	Miss Nugent	-	-
	3D Printing Club	Art Rooms (AC)	3:30 - 4:30	Mr. Raiteri	250 czK	15
	Boys JH Football	Sedlec (Primary Campus)	3:30 - 4:30	PE Staff	-	-
	Running Club	Letna Park	3:30 - 4:30	Mr. Bliss	-	-
	Girls Basketball (from October 30th)	Shark Tank	3:45 - 5:00	PE Staff	-	-
Friday	Animation Studio	Da Vinci (AC)	3:30 - 4:30	Ms. Kozsuharov	-	10
	Cookery Y8&9	Cafeteria	3:30 - 4:30	Ms. Mullerova / Ms. Rogers	500 cz	14
	Song Writing/Corner Concerts	Smetana	3:30 - 4:30	Mr. Zappi	-	-
Saturday	Swimming Club (Y7 - Y8)	Vystaviste	12:00 - 13:00	WRSS	2100 cz	12
	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**.

