



Riverside School
Prague

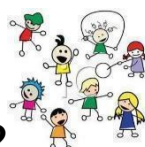
EARLY YEARS SKILLS FOR LIFE

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
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Riverside Early Years Clubs Term 2

Skills for Life (Clubs) 3:0pm - 3:45pm:

- Clubs start from Monday, **8th January**.
- 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.
- Clubs are available for all **full day** children.
- Reception students may enrol in three clubs per week.
- Nursery students may enrol in two 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)

Extended Day: 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)					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
3.00pm-3.45pm Skills for Life (with a fee)	Broadway Dance <i>Rosa Dance and Movement Studio</i>	Sports Academy of Superheros <i>Berukrozky</i>	Lego World <i>Berukrozky</i>	Pre-Ballet <i>Rosa Dance and Movement Studio</i>	Capoeira <i>Bruno Nobru de Souza</i>
	Tennis (for Reception)			Football <i>Bruno Nobru de Souza</i>	
3.00pm-3.45pm Skills for Life (No fee)	Busy Bees	Around the World	Staff Meeting	Story Time	Mini Makers
		Czech Playtime (for Czech speaking children)			Biology Buddies
3.00pm-4.45pm Extended Day	Extended Day	Extended Day	Extended Day	Extended Day	Extended Day

Monday

- **Busy Bees** - Welcome to Busy Bees, a club designed to explore the world through activities like yoga, dance, and a variety of engaging fun exercises. Watch as your little ones buzz with excitement while discovering the wonders of movement, creativity, and friendship in our hive of happiness!
- 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
- Tennis club for Reception children - [Tennis Bubenc](#) from 3:00pm - 4:00pm

Tuesday

- **Sports Academy of Superhero's** - 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.
- **Around the World** - Learn about different countries around the world through stories, songs, crafts, and snacks.
- **Czech Playtime** - This is an opportunity for children who speak Czech to play together and communicate in Czech language. They will also play special games, listen to stories and sing Czech songs.

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 creations.

Thursday

- **Story Time**- Bring stories to life using props, games and music. We will read both familiar and new stories, and create our own too!
- 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

- **Biology Buddies:** Human anatomy but make it fun! Each week the children will focus on a different topic - first aid, breathing, the immune system, and more! Complex topics will be introduced by using puppets and age-appropriate books, songs, and videos. To enforce the week's topics, kids will play games like Blood Cell Tag, or Viral Obstacle Course, or make crafts to bring home like a working model of a lung or heart!
- Our **Capoeira Club** is Brazilian martial arts mixed with traditional Brazilian music.
- **Mini Makers** Calling all budding builders and creative crafters! Get ready for a magical journey of imagination where we'll build and make awesome things together. From colorful crafts to cool constructions, our club is a place where tiny hands can bring big ideas to life



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**.

