



Riverside School
Prague

SENIOR HIGH SKILLS FOR LIFE

Riverside School Prague

Abstract

This document is intended for those students that are attending Year 10 to Year 13 at Riverside Senior High School Prague.

Physical Education Department
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Senior High Skills for Life – Term 3 (2023-2024)

Day	Skill for Life	Where	Time	Coordinator	Cost (czk)	Max.
Monday	Riverside Rush Newspaper	Shelley	3:30 - 4:30	Mr. Pickering	-	14
	Homeless Outreach	Gallery	3:30 - 4:30	Mr. Celosse	-	-
	SH Chess	Nightingale	3:30 - 4:30	Mr. Loebl	-	-
	Whitewater Kayaking	Troja Canal	3:15 - 6:00	Mr. Kainc and Mr. Jorge	700 cz	9
	Mindfulness Club	2.4	Lunchtime	Mrs. Petrina	-	-
	HS Boys Football	Letna Football Pitch	3:45 - 5:15	Mr. Marris / Mr. Wilson	-	-
	Creative Writing	Austen	3:30 - 4:30	Mr. Poth	-	-
	3D Printing Club	Hawking (JB)	3:30 - 4:30	Mr Raiteri	500 cz	15
	Badminton / Fitness Club	Sedlec (Primary Campus)	3:45 - 5:00	Ms. Davies	-	20
Tuesday	Swimming Club	Vystaviste Holesovice	7:00 – 8:00	Mr. Fernando	1850 cz	18
	Duke of Edinburgh (Years 11-13)	Shelley	Lunchtime	Mr. Kidd/Mr Sutton/Ms Woodward	-	-
	Weight Training (Years 11-13)	Factory Pro	3:30-4:30	Mr Taufer	-	8
	Engineering / Rocket Club (Y9)	Kepler (AC)	3:30 - 4:30	Mr. Loo/HS students	500 cz	12
	Theatre Lab	Marlowe	3:30 – 5:00	Mr. Zappi / Mrs. Sellers/ Mrs. Zebrowska	-	-
	Kickboxing	Cafeteria(JB)	3:30 - 4:30	Coach Dudley	2000 cz	14
	Introduction to game development in Python	Rousseau (JB)	3:30 - 4:30	Mr. Selucky	1600 cz	12
	Canoeing	Vlatava River	4:10 - 5:15	Mr. Wise / Mr. Kainc	-	14
	SH Running Club	Letna Park	3:30 - 4:30	Mr. Launder	-	14
	Urban Walking Club	Prague City	3:30 - 4:30	Mrs. Celosse	-	10
	Girls Football Team	Sedlec (Primary Campus)	3:45 - 5:00	Mr. McCloy	-	-
	Open Art Studio	Rodin	3:30 - 4:30	Ms. Sibia	-	16
	Logic Puzzles Club	Euclid (AC)	3:30 - 4:30	Ms. Cordell	-	14
Wednesday	Duke of Edinburgh (Year 10)	Shelley	Lunchtime	Mr. Kidd/Mr Sutton/Ms Woodward	-	-
	LAMDA	Marlowe (AC)	3:30 – 4:30	Mr. Adam (PYT)	1750 cz	14
	Swimming Team Practice	Vystaviste Holesovice	4:00 – 5:30	Mr. Fernando	2100 cz	24
Thursday	Science Fair (JH + SH)	Newton	15:30-16:30	Mrs Calabria / Mrs Mohanova	-	20
	Flight Simulation	Kahlo	3:30 - 4:30	Mr. Bliss	-	-
	Cooking Club	Gallery	3:30 - 4:30	Mrs Irus / Mrs. Daish	500 cz	12
	Secondary Basketball	Shark Tank	3:45 - 5:15	Mr. Fernando	-	-
	Model UN	Pascal	3:30 – 4:30	Mr. Sutton	-	-
	Economics Club	Austen	3:45 - 4:45	Mr. Ugolini	-	15
	Vox Riverside Choir	Zimmer (JB)	Lunchtime	Mr. Zappi	-	-
	Guitar Building (Term 1-2 Students only)	Rodin	3:30 - 4:30	Mr Myers	-	10
	Urban Farming	MetroFarm	3:30 - 4:45	Mrs Saunier	-	-
Friday	Songwriting Club	Bowie	3:30 - 4:30	Mr. Zappi	-	12
	Student Council	Tacitus	3:30 - 4:30	Mr. Clarke	-	-
	Psychology Society	Annan	3:30 - 4:30	Ms. Ball	-	-
	LetnActive	Letna Park	3:30 - 4:30	Ms. Gonzalez	-	10
	Creative AI	Erasmus (JB)	3:30 - 4:30	Mr. Hellam	-	-

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**.

