

# Years 10-12 Curriculum Journey

## Games



### Skills for Life

Independence  
Problem Solving  
Creative Thinking  
Resilience  
Time Management  
Communication

12

### Components

Groups will choose sports/activities from the following:

**Invasion games** (Netball, Basketball, Football, Hockey, Rugby, Tchoukball)  
**Net games** (Tennis, Badminton,  
**Fitness activities** (fitness suite, yoga, cross country)  
**Striking and Fielding** (rounders, cricket)  
**OAA** (Rock climbing, Orienteering)

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11

### Next Steps

Year 12 Games  
  
Cambridge  
Technical in  
sport and  
physical activity

10

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In years 10, 11 and 12 games we want every student to find a sport or activity that they enjoy and ensure that they leave St John's with a thorough understanding of what it means to live a healthy active lifestyle and equipped with the skills and motivation to be lifelong participants in their chosen activity.

