



# OMS Sport Mastery Award in Dance/ Gymnastics

The OMS Mastery Award in Dance/Gymnastics gives the participant the opportunity to produce a quality and impressive routine in either dance or gymnastics that they have developed outside of school. In order to achieve this award, participants must create a routine that lasts between 3-5 minutes and includes different elements of your chosen focus (Dance or Gymnastics). By adhering to the requirements of the award, you will develop your **Head, Heart and Hands**. See below for more info:

## Dance

Your dance routine must include the following:

- Music of your choice.
- A genre (tap, Irish, ballet, contemporary, hip-hop, modern, etc).
- A PowerPoint presentation that includes the history and development of your chosen genre over time.
- Your routine must have a written plan.
- Teach your dance to somebody else (friend, brother, sister or even your parent/ guardian).
- Film your routine and evaluate your performance with suggestions for improvements.
- Add your improvements and film your improved routine.
- Show Mr Dean the first draft routine and then the final piece through either video or by performing in person.

## Gymnastics

Your gymnastics routine must include the following:

- Music of your choice (optional)
- A floor or beam routine that includes balances, flight, locomotion and rotation.
- A PowerPoint presentation on the history of Gymnastics including your favourite Team GB gymnasts.
- Your routine must have a written plan.
- Teach your routine to somebody else (friend, brother, sister or even your parent/ guardian).
- Film your routine and evaluate your performance with suggestions for improvements.
- Add your improvements and film your improved routine.
- Show Mr Dean the first draft routine and then the final piece through either video or by



HEAD



HEART



HANDS

