

# OMS Mastery Award in Sport.

The OMS Mastery Award in Sport focusses on three main areas. Head, Heart and Hands. Each of the main areas has five focus points and each child will work to complete the tasks related to each focus point. Once the child has produced enough evidence - which ranges from attending theory/practical sessions to producing presentations – at the end of the year, they will receive their Mastery Award in Sport.

## Term 1



Knowledge



Decision Making



Analyse & Evaluate



Leadership



Problem Solving /Creativity



## Term 2



Communication



Team Work



Commitment



Resilience



Self-Regulation



## Term 3



Skill Development



Fitness Levels



Skill Application













Performance



Tactics & Composition













Name: \_\_\_\_\_

Term	Area of Award	Focus point	Task	✓ ✗	Signed when complete
Autumn 1	 HEAD	Knowledge 	Produce a presentation on your favourite sport. Include history and rules of the game.		
Autumn 1	 HEAD	Decision Making 	Choose a squad of 15 football players. Include 2 Goalkeepers, 5 defenders, 5 midfielders and 3 strikers.		
Autumn 1	 HEAD	Analyse & Evaluate 	Give out a football formation. What formation would you choose against it and why?		
Autumn 2	 HEAD	Leadership 	Design a sporting activity and teach it to someone.		
Autumn 2	 HEAD	Problem Solving /Creativity 	How would you solve this problem?		













Notes:

Name: \_\_\_\_\_

Term	Area of Award	Focus point	Task	✓ ✗	Signed when complete
Spring 1	 <b>HEART</b>	<b>Communication</b> 	Blind fold activity. Help your partner reach the cones. Explain why communication is important.		
Spring 1	 <b>HEART</b>	<b>Team Work</b> 	In groups, using hockey sticks. Move the different sized balls around the course without dropping them.		
Spring 1	 <b>HEART</b>	<b>Commitment</b> 	Produce a presentation on why commitment is important in a team.		
Spring 2	 <b>HEART</b>	<b>Resilience</b> 	Continuous running course. Bleep test.		
Spring 2	 <b>HEART</b>	<b>Self-Regulation</b> 	Theory session: The importance of self-control in sport.		

Notes:

Name: \_\_\_\_\_

Term	Area of Award	Focus point	Task	 	Signed when complete
Summer 1	 HANDS	Skill Development 	Football task, outwitting your opponent (1-on-1).		
Summer 1	 HANDS	Fitness Levels 	Fitness circuit Triangle of speed. (Sprint/ Walk/ Jog for 15 minutes).		
Summer 1	 HANDS	Skill Application 	Ultimate Frisbee Learn two ways of throwing the Frisbee.		
Summer 2	 HANDS	Performance 	Play in an Ultimate Frisbee tournament.		
Summer 2	 HANDS	Tactics & Composition 	Use the tactics board during a game of ultimate Frisbee.		

Notes: