

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





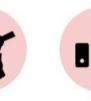


Term 2



Communication Team Work Commitment





Resilience

Self-Regulation





Term 3



Skill Development



Fitness Levels



Skill **Application**



Performance







Tactics &

Term	Area of Award	Focus point	Task	✓X	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:		I			

Term	Area of Award	Focus point	Task	\	X	Signed when complete
	(a)	Communication	Blind fold			·
Spring 1			activity. Help			
	(1		your partner			
		11	reach the cones.			
	HEART	0	Explain why			
			communication			
			is important.			
		Team Work	In groups, using			
Spring 1		rouni rronc	hockey sticks.			
		11	Move the			
		THE PARTY OF THE P	different sized			
	HEART	W.W.	balls around the			
		0	course without			
			dropping them.			
		Commitment	Produce a			
Spring 1	2	Commitment	presentation on			
- 6			why			
			commitment is			
	HEART		important in a			
		0	team.			
		•	tean.			
	-	Resilience	Continuous			
Spring 2			running course.			
	(1		Bleep test.			
		APPEND.	-			
	HEART	22010				
		0	- 1			
	25	Self-Regulation	Theory session:			
Spring 2		4.5	The importance			
	1	e j	of self-control in			
	HEART		sport.			
	HEARI	0				

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Summer 1	,W/	Skill Development	Football task, outwitting your	
	HANDS	- * .	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.	

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