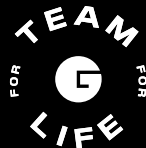


OMA x Greenhouse Sports

Orchard Mead Academy's Basketball and Mentoring programme – free for all!



Scan the QR to find out about
the magic of Greenhouse Sports!



OMA basketball timetable

All OMA students MUST be signed up to Greenhouse Sports to play!

Ballers' Breakfast

Skill focused sessions

All Years

Monday, Wednesday +
Friday

Arrive for 7:00am

7:15am to 8:15am
Sports Hall

Lunchtime Buckets

Open shootaround to all!

Monday: All Girls

Wednesday: All Boys

Friday: Boys + Girls

12:00pm to 1:00pm
Sports Hall

After Hours Hoops

Monday: All Girls

Wednesday: Y10/11 Boys

Thursday: Y7/8/9 Boys

Friday: Squads
(Jr NBA/Nationals/Girls)

3:00pm to 4:30pm
Sports Hall



STEP Framework

The skills developed through Greenhouse basketball and mentoring sessions.



Communication

- Speaking
- Listening
- Non-Verbal

Decision Making

- Critical Thinking
- Perception
- React v Respond

Building Confidence

- Autonomy
- Effort over Outcome
- Safe to Fail + Try Again

SOCIAL

THINKING

EMOTIONAL

Relationships + Teamwork

- Emotional Security
- Social Understanding
- Role Modelling

Self-Reflection

- Honesty
- Curiosity
- Self-Awareness

Self-Discipline

- Persistence
- Mindfulness
- Delayed Gratification



The First 5

Our OMA basketball values, on the court and in the classroom –
the backbone of everything we do!

I

+One

- Build positive habits
- Fist bumps + high 5s
- Celebrate your teammates' wins

II

Brilliant basics

- Work hard at everything
- Keep it simple
- Step by step improvement

III

Create joy

- Set the example for others
- Be the helper
- Look for good moments over bad

IV

accountABILITY

- Own your actions
- Grow as a leader
- Understand your impact on others

V

Whānau (far-no)

- One extended family
- Lead with respect
- Physical, emotional and spiritual

