# CAS Experience proposal form

# Name Mitchell Long Session number

This form provides the opportunity for you to show and explain how you will plan and meet the CAS outcomes via this activity. You include this form as part of your CAS evidence.

# Proposal details:

This Section explains your proposed activity and how it meets the requirements for an appropriate CAS activity. You should also make specific reference to the type of CAS experience and strand. Before completing this section, ensure that you have read the section [CAS Stages](https://ibpublishing.ibo.org/server2/rest/app/tsm.xql?doc=d_0_casxx_gui_1503_2_e&part=2&chapter=2) in the CAS Subject Guide to achieve this:

The activity that I’m proposing is playing football, in particular trying to make a 1sts/2nds team, which will contribute to the activity aspect of my CAS. It will be a good activity to do as it fulfils several of the required CAS outcomes.

## 1. Investigation

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| --- | --- |
| Guiding questions | Response |
| What are your interests, skills and talents that relate to this CAS activity? | I love playing sport in general, and football is one of the most enjoyable for me to play. In terms of my skills within football, I can pass well and have decent fitness, but I can work on my touch, my communication and my heading. |
| What are your areas of personal growth and development for this this activity? | I can certainly improve on my fitness, my heading and my touch and my communication is something that I should be able to develop overtime. |
| What does this CAS activity involve and what need does this address? | I will have to attend trainings three times a week and play a game on the weekend. This will address my fitness levels and my football skills. |
| Is this an external activity?  Are you planning to undertake an activity that has not been organised by NC? | No, this activity is organised and carried out within school. |

## 2. Preparation

|  |  |
| --- | --- |
| Guiding questions | Response |
| What are the roles and responsibilities for this activity? | For me, my responsibility is to make sure that I turn up to all the training sessions I need to and train with a high intensity when I’m there. Everything else is organised by either the coaches or the director of football. |
| What is your plan of action? You can also attach an additional document here if needed. | Similar to the point above, my plan of action is to go to all the training sessions on time and when I’m there, train with a high intensity and work rate. |
| What skills will you need to undertake this activity? | Previous footballing skills are obviously required, but nothing else is needed. |
| What are the key dates, timelines and/or resources you will need? | The key dates are the beginning of the season, the start of the AAGPS competition matches and then the end of the season. Although I won’t need the specific dates as all the important details will be given to us by the director of football. |

## 3. Action

This section helps you plan how you will undertake your activity. Outline a plan of how this activity will occur and any other important information in the box below:

* Trial for the first and second squad
  + This will require training Tuesday, Wednesday and Thursday mornings
* If I make the squad continue training those three days into the AAGPS season and the competition matches
* If I don’t make the squad, I’ll train Tuesday and Thursday afternoons, and try to push for a spot in the 2nds from the thirds
* I’ll also be going to a pre-season training camp to Canberra during the April school holidays.

## 4. Reflection and 5. demonstration

Use this section to explain how you will demonstrate completion of the activity and the types of evidence you will use.

I’ll use a lot of photos from the trainings and matches that are taken by parents or the director. I’ll also be able to use the highlights videos that Mr McCarthy uploads on spaces. On top of this, if I make the 1sts/2nds squad, then I’ll be able to use the results from the competition matches, as well as the CIS cup to prove that I was playing in and involved in those matches.

# CAS advisor comments:

# Is the Activity approved?

☐ YES: Go ahead

☐ With provisions: details are listed below and confirm before starting your project:

Top of Form

☐ NO: explanation provided below:

Bottom of Form

CAS advisor signature and approval:

|  |  |
| --- | --- |
| Name: | Date: |