# 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:

Athletics is an activity that you can carry out at Newington in between the winter and summer seasons of sport (for me that’s in between football and cricket). You train two times a week for you event and then compete after several weeks of training at the AAGPS athletics carnival at SOPAC, where the other 8 GPS schools are attending, with close to 10,000 in the stands. It’s a great day, so it’s always something that I want to work towards each year because we won’t get another opportunity like it after we leave school, unless we take up athletics professionally.

## 1. Investigation

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| --- | --- |
| Guiding questions | Response |
| What are your interests, skills and talents that relate to this CAS activity?  | I’ve thrown the shot-put the past few years at the athletics carnival, so that is my stronger skill set in relation to athletics. |
| What are your areas of personal growth and development for this this activity? | Although I’ve been a shot-put thrower, I’d actually quite like to run in the athletics, either in the 17s or the opens, when I’m in year 12.  |
| What does this CAS activity involve and what need does this address? | This CAS activity involves training for the weeks prior to the AAGPS athletics carnival, which is the end of the athletics season. The only need that it really addresses is maintaining good health. |
| 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 the school. |

## 2. Preparation

|  |  |
| --- | --- |
| Guiding questions | Response  |
| What are the roles and responsibilities for this activity? | For me, the only responsibility that I have is to attend all the training sessions as well as the invitational carnivals leading up to the final GPS carnival. |
| What is your plan of action? You can also attach an additional document here if needed.  | Obviously doing just those few weeks of training won’t be enough, so I’ll have to train and do a weights program throughout the year to be able to compete. |
| What skills will you need to undertake this activity? | It is important to have the right technique to be able to throw the shot-put a decent distance as well as avoid any injury. |
| What are the key dates, timelines and / or resources you will need? | The most important date in the year is the AAGPS athletics carnival, which is on the 10th of August. All training leads up to that date and the training start several weeks before that date. |

## 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:

It is important that I do training on top of just that given to us by the school. I’m not going to be able to make the team if I rock up a few weeks before the GPS carnival and try and get in the team. I’m going to have to do weights training throughout the year, particularly for shot-put if I want a change of making the team. If I want to run, it’s also important to develop some sort of training program throughout the year so I can come to the school training sessions with already a lot of running under my belt.

## 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 reflect on this activity once it is completed, at the end of the semester. I’ll talk about what I got from the activity as well as different areas that I can still improve on. My evidence will come mainly in the form of photographs as well as pdfs showing my name on the team list as well as my results from any carnivals I may have attended.

# 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: |