# 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:

Playing cricket in the summer will contribute to my activity section of CAS. We start training for cricket in late term 3 and it continues for another two terms, finishing in mid term 1. We train every Tuesday and Thursday afternoon, where we’ll have a nets session, as well as a Wednesday morning gym session. We’ll then play on Saturdays where the games start at 9am and finish at around 5pm. It is part of the action section as cricket is a sport and one where we’ll eventually break into a sweat (usually just because it’s so hot). It fulfils several of the CAS outcomes, including appreciating the benefits of working collaboratively and identifying and developing areas of weakness.

## 1. Investigation

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| --- | --- |
| Guiding questions | Response |
| What are your interests, skills and talents that relate to this CAS activity?  | I love the game of cricket, so that is one interest of mine, but within the game, I have some areas that I’m better at. I field in slips so I can catch those types of catches. I can also play on the off side pretty well. |
| What are your areas of personal growth and development for this this activity? | My catching of high balls isn’t the greatest and I can’t play off my legs very well at all. |
| What does this CAS activity involve and what need does this address? | As mentioned above, this CAS activity involves training three times a week with a game on Saturday. It doesn’t address some large global need, but it does keep people active. |
| Is this an external activity?Are you planning to undertake an activity that has not been organised by NC?  | No. It is organised through the school. |

## 2. Preparation

|  |  |
| --- | --- |
| Guiding questions | Response  |
| What are the roles and responsibilities for this activity? | As the activity is organised through the school, we just need to make sure we have the right equipment and turn up to all the trainings and matches. |
| What is your plan of action? You can also attach an additional document here if needed.  | My plan of action is to attend all the trainings and matches. |
| What skills will you need to undertake this activity? | Obviously it’s good if you’ve had some experience playing cricket before, but that’s not necessary to have as you can start playing at any skill level. |
| What are the key dates, timelines and / or resources you will need? | The season starts in late term 3 and finished in term 1. We start playing competition matches early in term 4 and they too finish in term 1. |

## 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:

I’m going to make sure that I attend all the training sessions and matches and if I’m unavailable, make sure that I let the relevant people know of my absence. Leading up to the season, Mr Turner, the head of cricket often has pre-season nets sessions running in the morning, and so I also plan to attend those so I have some batting and bowling up my sleave before the training starts and we begin to move into the competition matches.

## 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.

For this activity, I’ll primarily be using photographs of my team playing in the matches; both of us fielding and batting. I can also use photos of the scoresheet and other documents that show the result of the match. I will also reflect on the activity at the end of the season, explaining what I got out of it as well as what I would’ve liked to achieve but wasn’t able to.

# 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: |