# 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:

HOOSH is an after hour’s school care for kids in primary school based in and around the Homebush area. I volunteer there for an hour each week and will be doing so for a year. I mainly will help supervise the kids who are playing games outside such as basketball, table tennis, soccer, cricket and even riding bikes. This will count towards my service aspect as I’m helping out there purely as a voluntary basis and it helps fulfil a need in the community as parents often finish work after their kid’s finish school, and so don’t get an opportunity to pick up their kids when school finishes. This leads to a need for after school cares, and helping out at HOOSH makes it easier for the staff and also makes it more enjoyable for the kids.

## 1. Investigation

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| --- | --- |
| Guiding questions | Response |
| What are your interests, skills and talents that relate to this CAS activity? | I love working with kids and also love anything sport related, so it’s great that I’m able to combine the two by supervising kids whilst they play sport, and probably joining in too. |
| What are your areas of personal growth and development for this this activity? | I feel that I will certainly develop my ability to work with kids but I also think that it’ll give me some more insight into how different businesses work. |
| What does this CAS activity involve and what need does this address? | Like I talked about earlier, I’ll be volunteering at HOOSH for an hour each week for a year. The need it addresses is the need for after school cares as a business as parents ultimately may not be able to pick up their kids on time. |
| Is this an external activity?  Are you planning to undertake an activity that has not been organised by NC? | Yes, I will be undertaking this activity outside of school and it’s not organised by Newington.  In saying this, there are no real obvious risks in volunteering at HOOSH. The staff there have obviously created a safe environment as they have to cater from kids aged 5 to 12, so for me, there’s nothing that could be that dangerous. |

## 2. Preparation

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| --- | --- |
| Guiding questions | Response |
| What are the roles and responsibilities for this activity? | My job at HOOSH is just to supervise the kids that are playing in the playground and out in the park as the staff cater for them and if anything medically went wrong, they have the appropriate training for that. |
| What is your plan of action? You can also attach an additional document here if needed. | I plan to attend HOOSH an hour each week for a year and just make sure that nothing goes wrong whilst I’m there and ideally make the kid’s time there as enjoyable as possible. |
| What skills will you need to undertake this activity? | There are no specific skills that you need to undertake this activity, but ideally it would be good to be able to and enjoy working with kids. |
| What are the key dates, timelines and / or resources you will need? | My time at HOOSH will begin on February 3rd and doesn’t really have a specific end date, but would most likely be finishing around a year from them. |

## 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:

Each afternoon that I’m going to HOOSH I’ll go straight from school to Homebush and arrive there at probably near 4 four o’clock. Like I talked about earlier, I’d probably be most involved in supervising kids playing out in the playground partly because it’s something that I’d find quite enjoyable and also because it’s where something is most likely to go wrong; a kid tripping over, getting hit with a ball etc. In saying this, I should also spend some time with the kids in the arts and crafts room and help them with their homework as that would develop my ability to work with kids more in areas that I’m not used to.

## 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.

Every time I attend HOOSH I fill in a logbook, and so I’ll scan that and put that as part of my e-portfolio. I’ll also use photos that are taken by the staff at HOOSH as evidence that I was there. Once my activity is completed I could also get a written testimony from one of the staff there just briefly describing what I did in general when at HOOSH and how many times I 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: |