

CAS ACTIVITY PROPOSAL FORM

This form has to be completed by each student for each project, following the CAS guidelines and the IB CAS Guide provided to each student.

SCHOOL NAME: American School of Bilbao
CANDIDATE NAME: Sarah de la Mata
DATE: 09/10/2014

SCHOOL CODE:
CANDIDATE CODE:

PROJECT/ACTIVITY TITLE: Padel

PROJECT/ACTIVITY SHORT DESCRIPTION:

Padel is a sport similar to tennis, but at the same time really different. It is played in a court half the size of a tennis court and is usually played in doubles. The purpose of this sport is to score the most points. Some techniques are different. In padel if the ball bounces in the wall afterwards you have to keep on playing, which would not happen in tennis. So, the team that wins the more points wins.

PREDICTED LENGTH OF ACTIVITY

Explain how long/often you will undertake the activity.

2 years, 2 or 3 days a week. // monday, wednesday, friday 4:30 - 5:30

CAS ELEMENTS INVOLVED

CREATIVITY

ACTION

SERVICE

PERSONAL GOAL FOR THE ACTIVITY:

Write at least one paragraph specifically stating the goal(s) you plan to achieve during this CAS opportunity. Your goals should reflect your motivation for choosing this activity, and how you think this experience will affect you and/or others.

GUIDING QUESTIONS

- What do I hope to accomplish?
- How does what I'm doing help to accomplish the stated objectives?
- How will I know if I've achieved my objectives or not?

My goal for this activity is mainly to get good at this sport. I want to learn how to play padel to be able to play against my friends, or any person interested in playing. So, what I want to accomplish is to be passed to a higher level. I will start in the beginner level, and want to be passed to the novice or even amateur level. Another minor goals I also want to achieve is to beat my summer friends in a match, as they have played padel since they were little, and my other goal is to be able to pass the ball to the other side of the court by hitting the ball against the wall and that it bounces on to the other side.

I plan to accomplish this objective by going to class everyday with the best attitude possible, listening to the teacher in everything he says, and trying to correct everything the teacher tells me is wrong.

what specific days?
 ← ~~mondays, wednesdays~~
 & fridays

what is your goal for this?
 2 yrs

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When I get good enough that I can play without committing any mistakes in the basic moves and can score some good points I will know I have improved and will have achieved my goal.

ANTICIPATED LEARNING OUTCOMES:

Indicate which are the learning outcomes that you are hoping to meet with this activity. Explain how this project/activity will help you achieve the chosen CAS Learning Outcomes? (Explain the relationship between what you are doing and the learning outcomes)

1. Increased their awareness of their own strengths and areas for growth.
 2. Undertaken new challenges
 3. Planned and initiated activities
 4. Worked collaboratively with others
 5. Shown perseverance and commitment in their activities
 6. Engaged with issues of global importance
 7. Considered the ethical implications of their actions
 8. Developed new skills
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1. I will increase my area of strength in sports by learning this new sport that will help me exercise.
 2. I will undertake a new challenge by learning a new sport
 4. I will work collaborative with my padel classmates, playing with them actively.
 5. I will show perseverance and commitment by going the most possible days I can, even if the weather or atmosphere is not satisfactory.
 8. I will develop new skills, by learning how to play a new sport.

ORGANIZATION ASSOCIATED WITH ACTIVITY:

- ADDRESS: Avenida de los Chopos s/n, 48992 Getxo-Algorta
- PHONE NUMBER: 944308070

PERSON IN CHARGE (SUPERVISOR): Asier Orueta
EMAIL: djGaixinho_hotmail.com
MOBILE PHONE NUMBER: 635707999

POSITION: Teacher

PARENTAL APPROVAL

I agree to my child or ward being supervised by the above signatory for the designated activity.

Signature of parent/guardian

Date

9-10-2014

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SCHOOL APPROVAL

CAS Advisor Approval: _____

Date: 14-11-2014

Once the activity/project has been approved, please **SCAN and SAVE** the document in the corresponding folder as **proof of evidence.**
REFLECTIONS

BEFORE THE ACTIVITY

How do you feel?
How do you think it is going to be like?
Do you anticipate any problem?

DURING THE ACTIVITY

Describe how it went.
Explain if everything went as expected.
If there was any problem or issue, how did you tackle it?

AFTER THE ACTIVITY

Have you met your personal goal? Explain.
Would you have done something different?
If you were to do it again, what would you do differently?
What have you learnt?
Have you met the learning outcomes? Explain