

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: 14/10/2014

SCHOOL CODE:
 CANDIDATE CODE:

PROJECT/ACTIVITY TITLE: Surf

PROJECT/ACTIVITY SHORT DESCRIPTION:

Surf is a sport that takes place in the water, specifically in the oceans, in the beach, where the waves can be appreciated. The sport consists on surfing waves, meaning to ride a wave standing on the table, on a surfboard. I can be considered new to the sport, as I have tried it a couple of times but have never really continued the sport by giving continuous surf classes. I went 4 days the month of June and 1 week the month of July, and now I will be going the whole two school year 1 day per week (Sundays) to Peñatxuri, a surfing school in the beach Sopelana, Vizcaya. When I tried this sport I really liked it and became determined to try it and progress in the sport.

PREDICTED LENGTH OF ACTIVITY

Explain how long/often you will undertake the activity.

Once a week, (Sundays and maybe some Saturdays) for two hours.

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?

What I mainly hope to accomplish practicing this sport is to get good at it, to be able to surf by my own on my own time just with my friends, without having the need of a teacher having to be with us. I want to be passed to a higher surf level, this means instead of surfing with the cork surfboards, be able to surf in the fiber surfboards which are the good ones to use, the ones the professionals use. A big goal I have as well is to be able to learn some tricks, like to be able to turn in the wave with the

Be specific with your goals!

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surfboard.

To accomplish my goals, I will show perseverance, and will always give my best each class, trying to get better at it everyday I go.

I will know I have achieved my goals when I firstly, learn how to turn in the surfboard and when I receive the fiber surfboard, then I will have accomplished my goals

do you mean when
you can successfully
use a fiber surfboard.
yes

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

1. I will be exercising, training my body, which will increase my area of growth in the exercising aspect, especially the arms.
2. I will undertake a new challenge, by trying a different sport, as it is almost a new sport for me, and every day I go will be a different challenge, as the ocean will be sometimes easier and sometimes more difficult. So, everyday will be a new challenge.
4. I will be collaborating with the rest of the group, by helping my companions get on the surfboard if they are having trouble, and making sure I take care of them by being aware of where I ride the surf without running on top of someone's head.
5. I will show perseverance and commitment in this activity, as I will go every day without the weather influencing.
6. This can be linked to the issues of global importance, as we know that to surf we have to take care of the water surrounding us, and knowing that when the water is dirty we should not surf.
8. I will be developing a new skill, this is the surfing skill.

DURING THE ACTIVITY

Describe what you will

Explain how you will be supported

Explain how you will be supported

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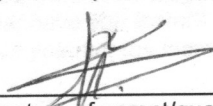
ORGANIZATION ASSOCIATED WITH ACTIVITY:

- ADDRESS: Peña Txuri, Playa Larrabasterra, Sopelana
- PHONE NUMBER: 675 591 266 / 600 300 244

PERSON IN CHARGE (SUPERVISOR): Teacher of the academy, which normally varies every time, POSITION: teacher
EMAIL: info@ptxsurfeskola.com
MOBILE PHONE NUMBER: 600300244

PARENTAL APPROVAL

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



Signature of parent/guardian

14-10-2014
Date

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?