*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: SCHOOL CODE:

CANDIDATE NAME: CANDIDATE CODE:

DATE:

**PROJECT/ACTIVITY TITLE**:

**PROJECT/ACTIVITY SHORT DESCRIPTION**:

Double Dutch refers to rope jumping with two ropes. We will first learn to master rope jumping with one rope and learn tricks and then we will give a try to double rope jumping.

**PREDICTED LENGTH OF ACTIVITY**

*Explain how long/often you will undertake the activity.*

1 day (in Paris)

|  |  |  |
| --- | --- | --- |
| **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?*

I consider myself average at rope jumping, so my goal is to achieve at all of the rope tricks they teach us.

**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
* Increased their awareness of their own strengths and areas for growth.

By learning new rope jumping tricks, I will increase awareness of my rope jumping skills

* Undertaken new challenges

I have never tried double rope jumping.

* Worked collaboratively with others

I will be working collaboratively with the teachers and the rest of the group.

* Shown perseverance and commitment in their activities

I will give my best no matter the weather conditions

* Developed new skills

 I will develop new double rope jumping skills, as I have never tried it before, and new tricks I have never tried.

**ORGANIZATION ASSOCIATED WITH ACTIVITY**:

* ADDRESS:
* PHONE NUMBER:

PERSON IN CHARGE (SUPERVISOR): POSITION:

EMAIL:

MOBILE PHONE NUMBER:

**PARENTAL APPROVAL**

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

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of parent/guardian Date

**SCHOOL APPROVAL**

CAS Advisor Approval: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*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*