**CAS PROJECT**

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| **CAS strands (Creativity, Activity, Service)**  **Creativity**  **Activity**  **Service** |
| **Student name: Anthony Gros** |
| Name of the experience: [Training to run a 10KM run and getting others to start moving](https://gimb.managebac.com/student/ib/activity/cas/21742824) |
| **Name of the organization: N/A** |
| **Contact person at organization**,  **contact phone and email N/A** |
| **Student project leader(s): Anthony Gros, Oriol Ventosa, Alexander Magnus** |
| **Members: Anthony Gros, Oriol Ventosa, Alexander Magnus** |
| **Date 27.05.2022 – 30.10.2022** |
| **Description and reflection:**  **How you are following the CAS stages?** (For each CAS stage describe either what has been done or what you plan to do.)  **-Investigation**  Research plans to be able to run the distance that we wish for. Each individual is different and although we are working in a group it will be important to research for our specific needs. For example, I am used to sprinting and not long distance running and for those reasons I will need a plan that is adapted for someone who is not used to endurance running. This means that individual can set himself a different goal. I will set myself the goal of running a good 10KM run as my goal.  Also, we will need to find a way to motivate others. The goal is to show others that it is possible to start moving again and that no matter your current ability you can set yourself a goal and achieve it. This is even seen within our group with us running different distances  **- Preparation**  This will be all about preparing every aspect of our project but most importantly the run itself. In the investigation stage we will be able to see what we will need and how we can achieve this and in the preparation stage we will put this into action. The most important part will be planning our roots and seeing if we are ablet to participate in the official Ljubljana marathon event in one of the categories that we select.    **- Action**  This part will be the plan that we made and followed each plan may be different, however, we will do things together occasionally as a way to see how we are progressing individually. Each group member will work out what they must do and together we will work on presenting what we have done and how others are able to follow us and start getting a move on to reach their goals.    **- Reflection**  Throughout all the project we will work on reflecting and seeing what we can do to improve or what can be done in the future. These reflections will be useful to see what each individual is up to so that we can compare how things are getting a long and if everyone is reaching the targets they want.  **- Demonstration**  The goal is to train for different distances depending on our current abilities in order to show that any one can start moving and start running be it 5KM 10KM 21KM or more. Each of us will do our final run with the route shown and possibly filmed or tracked on sport watches with the time and distance. With this we will be able to see if we achieved our goals or not. As running 10KM slowly is not our objective, we would like to have mor competitive parts. Then we will also put everything together and reflect on the whole process and see how we have grown individually and as a group. Then we will work on showing others that it is possible to start moving and reaching your objectives despite recent issuers such as the Covid pandemic. Even though we are doing endurance running we will also motivate people to do all kinds of running and sport as maybe endurance running is not for everyone. |
| **Student signature: Anthony Gros** |
| **CAS supervisor/adviser name Tanja Kovač Flisar**  **CAS supervisor/adviser signature** |
| **Date 27.05.2022** |