

Creativity in CAS

What can you do for creativity? Browse through this list of examples and add a new example to each category. Write down what you might do, or talk about it with a friend. You might discover just what you are looking for!

Theatre
1. Write a script for a play.
2. Participate in a community-based theatre group.
3. Design or participate in awareness-raising performances for NGOs.
4. Form a performance group.
5. Run a children's theatre group in the local community.
6. Organize an improvisation theatre troupe.
7. Learn how to perform magic and put on a magic show.
8.
Music
1. Join a choir or participate in a musical.
2. Play a musical instrument in a band or orchestra.
3. Learn to play a musical instrument or take vocal lessons.
4. Form a music group.
5. Perform for clients in aged care homes.
6. Conduct a choir or a band.
7. Host a musical event at school.
8.
Visual art
1. Produce personal artworks.
2. Paint a mural for the walls of a local primary school or childcare centre.
3. Design posters for school advertising particular events.
4. Curate the school art gallery.
5. Organize or participate in craft activities.
6. Do photo shoots for NGOs or for senior citizens.
7. Produce the school yearbook (digital or hard copy).
8. Enter a local art or photography competition.
9. Teach art for early childhood or primary school.
10.
Dance
1. Join a ballet or jazz class.
2. Choreograph a school production.
3. Run a school-based dance class.
4. Perform as a dancer in a school production.
5. Participate in annual school performers' showcase.
6. Teach a junior dance class.
7. Organize a dance flash mob.

8.

Design technology

1. Participate in design projects to improve the local community.
2. Oversee a project for school.
3. Participate in council competitions.
4. Design and create furniture.
5. Assist an NGO with designing a website or provide content for its website.
6. Help a local hospital or clinic with a redesign.

7.

Film

1. Create an awareness-raising video for an NGO.
2. Create promotional footage related to a specific cause.
3. Make a documentary or a film.
4. Join the school publicity/media group.
5. Create a video archive for a local historical society.
6. Plan a film series for a senior centre.
7. Organize a film event for a cause to raise awareness and funds.

8.

Fashion

1. Organize a recycled clothing or clothes swap group to benefit a charity.
2. Participate in a group that designs clothes from sustainable materials.
3. Organize a school-based fashion show.
4. Run a knitting group and create items of clothing for a cause.
5. Learn how to be a salesperson at a clothing charity.
6. Start a sewing collaborative to make outfits for children in need.
7. Design reusable shopping bags with fashion flair.

8.

Graphic design

1. Design and produce children's toys.
2. Design information booklets or pamphlets for a specific NGO.
3. Design storyboards for a specific purpose.
4. Create logos and designs for T-shirts with environmental messages.
5. Assist an NGO with designing a website or provide content for its website.
6. Redesign an organization's brochures, business cards and logo.

7.

Creative writing

1. Attend a course in journalism/poetry writing.
2. Edit a school newspaper or bulletin or do the same for a senior centre.
3. Create children's books for schools in need of these resources.
4. Organize a creative writing workshop.
5. Write a novella or a novel.

6. Start a poetry project that places poetry anonymously around school or the community.
7.
Cooking
1. Cook for a locally based international festival.
2. Organize a World Teachers Day breakfast at school.
3. Create a recipe book.
4. Run cooking classes.
5. Make a "how to cook" video series.
6. Document the results of cooking a new, challenging recipe once a week.
7.
Business
1. Produce items for a school fair.
2. Support a group that raises money for small business loans for undeveloped countries.
3. Run workshops for NGOs to give them ideas for creative awareness-raising or more efficient business practices.
4. Run business-type events to train students in running a business.
5. Help a local start-up develop a business plan.
6.
Information technology
1. Teach basic ICT skills.
2. Join the technology support group at school.
3. Design digital books.
4. Design and maintain a website for an NGO.
5.
Mathematics
1. Join a mathematics group and participate in school competitions.
2. Run a problem-solving group at school.
3. Tutor "at risk" students in mathematics.
4. Design mathematical/logic puzzles for junior students.
5.
Sport
1. Coach a junior sports team.
2. Design a training schedule for a sports team.
3. Design individual training programmes for specific junior players on a team.
4. Incorporate skills from other sports into training, for example, rugby circuits into netball training.
5.
Environmental systems and societies
1. Design a recycling project for the school.
2. Investigate the use of energy in the school and provide a proposal for more efficient energy usage.
3. Create a school-based enviro-garden.
4. Participate in designing a community garden.

5. Oversee a school landscaping project.
6. Investigate ways to limit water consumption at school.
7.

Teaching strategy: Activity in CAS

Two resources follow that contain suggestions for the CAS strand of activity. **"Activity in CAS"** provides an array of ideas and options. The list can be used to provide ideas for students designing their individual CAS programmes. Many of these may also be applicable for the other two strands of CAS and could be incorporated into a CAS project. Please note that the list is not complete and students will find many activity experiences not listed below.

Before sharing this list with students, it is recommended to allow time for students to consider their interests, skills, talents and areas for growth. Letting students generate their own possibilities first assists them in developing self-awareness and confidence. A list can always be provided to extend their ideas further, such as the resources in this TSM under **"Teaching strategy: Creating a personal profile"**.

Also, teachers can use the document **"Student examples of activity in CAS"** as discussion starters.

Activity in CAS

You may already have an idea for activity. Looking for more ideas? Find a category, and circle the suggestions that stand out to you. Be on the lookout for an activity that you could improve by setting and working towards a goal. Look for something you never thought about, but that seems exciting and possible. Most of all, find an activity you would enjoy and find inspiring, challenging and personally worthwhile.

After reviewing these lists, read the "Student examples of activity in CAS" that follow.

General sports
Football (soccer)
Basketball
Athletics
Gymnastics
Swimming
Tennis
Volleyball
Badminton
Table tennis
Darts
Bowling
Curling
Hockey
Skiing
Martial arts
Weightlifting
Boxing
Diving
Cycling
Race-walking
Tumbling
Acrobatics
Wrestling
Jai-alai
Handball
Netball

General sports
Racquetball
Squash
Polo, water polo
Frisbee, ultimate Frisbee
Kick boxing
Fencing

Dance
Ballet
Jazz
Modern
Street dance
Ballroom
Salsa, Latin
Dance-a-thon participation
Twirling
Cheerleading

Gardening and nature
Farming
Rock climbing, mountaineering
Planting trees
Digging, irrigation and drainage
Hiking, trekking
Survival training

Animals
Equestrian competitions, horse and stable care and maintenance, riding and jumping lessons
Farm animal handling, care and shows, competitions
Fishing sports
Dog shows, competitions, training and care
Animal husbandry
Birding

Extreme sports
Skydiving
Rappelling
Bungee jumping
Base jumping
Para-gliding

Personal fitness
Running
Weight training, body building
Cardio workout
Spinning
Punching bag workout
Jumping rope
Trampoline
Yoga

Music
Marching band
Drumming
Parade

Skating
Ice skating
Roller-skating, roller-derby, rollerblading
Skateboarding
Long boarding

Motor sports
Dirt biking, motocross
Pit-stop crew
Auto mechanics
Motorcycle touring
Rally driving, navigating

Aviation
Piloting, flying
Gliding
Ballooning

Water sports/Boating
Waterskiing
Parasailing, kite-sailing
Sailing
Wakeboarding
Surfing
Kayaking, canoeing
Rowing
Scuba and snorkelling
Free-diving
Rafting
White water rafting

Student examples of activity in CAS

Rock climbing

Jacob had been rock climbing a number of times at an indoor rock-climbing centre. He decided that he wanted to experience rock climbing in the outdoors and improve his rock-climbing skills, so he included rock climbing as a part of his CAS programme. He set himself the goal of being able to complete a grade 17 climb within six months of climbing. He joined a rock-climbing club and ended up climbing over a number of weekends throughout his DP. In addition to written and recorded verbal reflections, he also showed evidence of participation and achievement in the learning outcomes in photographs, video and a certificate of achievement from his climbing club.

Gardening

Ethan preferred not to play team or individual sports and decided to choose vegetable gardening for his activity. It entailed time each week clearing, tilling, planting, weeding and so on. Ethan enjoyed working with his hands and found his physical fitness increased through his time spent in the vegetable garden.

Walking for fitness

Pearl did not really like sports or physical activity. After discussing her options for activity with her CAS adviser, she decided that she would conduct a "Walking for fitness" programme as a part of her CAS. She consulted her physical education teacher to develop a programme and then walked three times a week, with distances increasing over the three-month programme. Pearl was surprised with how much she enjoyed the programme and the benefits it gave her, so much so that after the three-month programme had finished, she trained for and completed a 5 kilometre fun run (which also became part of her CAS portfolio). The photo of her crossing the finish line was her favourite part of her CAS portfolio.

Basketball

Louise was a keen basketball player. When she included basketball in her planning for CAS, her CAS coordinator advised her to challenge herself by doing something new related to her involvement in the school basketball team. With the support of her team coach, she conducted a skill-training programme that focused on her dribbling and shooting from outside the key, two areas that needed development in her game. During the season her game improved, giving her greater motivation to train more. Louise became a regular member of the starting five players. Her writings that made up a portion of her reflections showed that she was very proud of her advancement.

Gymnastics

Anita had been participating in gymnastics since primary school. She regularly competed in state and national competitions. When designing her CAS programme, Anita wanted to continue to use her gymnastics for activity. Her CAS coordinator agreed but asked Anita to find new goals in relation to gymnastics. Anita decided to learn new choreographed routines for the balance beam, something she had not previously attempted.

Yoga

Timothy wanted to find an experience that would help him become more fit. After looking at various exercises, he chose yoga. He committed to a yoga class once a week and practised it at home every two days. Timothy became an enthusiastic supporter of yoga and found it both relaxed him and increased his physical strength and stamina. He evolved this enjoyment of yoga to be part of his CAS project and created a programme to teach yoga classes for the local community.