

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
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
Paragliding

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
Balloonning

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