

## Activity in CAS



International Baccalaureate Baccalauréat International Bachillerato Internacional

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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 sportsFootball (soccer)BasketballAthleticsGymnasticsSwimmingTennisVolleyballBadmintonTable tennisDartsBowlingCurlingHockeySkiingMartial artsWeightliftingBoxingCivlingCyclingRace-walkingTumblingAcrobaticsWrestlingJai-alaiHandballNetballRacquetballSquashPolo, water poloFrisbee, ultimate FrisbeeKick boxingFencing	
BasketballAthleticsGymnasticsSwimmingTennisVolleyballBadmintonTable tennisDartsBowlingCurlingHockeySkiingMartial artsWeightliftingBoxingDivingCyclingRace-walkingTumblingAcrobaticsWrestlingJai-alaiHandballNetballRacquetballSquashPolo, water poloFrisbee, ultimate FrisbeeKick boxing	General sports
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	Football (soccer)
GymnasticsSwimmingTennisVolleyballBadmintonTable tennisDartsBowlingCurlingHockeySkiingMartial artsWeightliftingBoxingDivingCyclingRace-walkingTumblingAcrobaticsWrestlingJai-alaiHandballNetballRacquetballSquashPolo, water poloFrisbee, ultimate FrisbeeKick boxing	Basketball
SwimmingTennisVolleyballBadmintonTable tennisDartsBowlingCurlingHockeySkiingMartial artsWeightliftingBoxingDivingCyclingRace-walkingTumblingAcrobaticsWrestlingJai-alaiHandballNetballRacquetballSquashPolo, water poloFrisbee, ultimate FrisbeeKick boxing	Athletics
TennisVolleyballBadmintonTable tennisDartsBowlingCurlingHockeySkiingMartial artsWeightliftingBoxingDivingCyclingRace-walkingTumblingAcrobaticsWrestlingJai-alaiHandballNetballRacquetballSquashPolo, water poloFrisbee, ultimate FrisbeeKick boxing	Gymnastics
VolleyballBadmintonTable tennisDartsBowlingCurlingHockeySkiingMartial artsWeightliftingBoxingDivingCyclingRace-walkingTumblingAcrobaticsWrestlingJai-alaiHandballNetballRacquetballSquashPolo, water poloFrisbee, ultimate FrisbeeKick boxing	Swimming
BadmintonTable tennisDartsBowlingCurlingHockeySkiingMartial artsWeightliftingBoxingDivingCyclingRace-walkingTumblingAcrobaticsWrestlingJai-alaiHandballNetballRacquetballSquashPolo, water poloFrisbee, ultimate FrisbeeKick boxing	Tennis
Table tennisDartsBowlingCurlingHockeySkiingMartial artsWeightliftingBoxingDivingCyclingRace-walkingTumblingAcrobaticsWrestlingJai-alaiHandballNetballRacquetballSquashPolo, water poloFrisbee, ultimate FrisbeeKick boxing	Volleyball
DartsBowlingCurlingHockeySkiingMartial artsWeightliftingBoxingDivingCyclingRace-walkingTumblingAcrobaticsWrestlingJai-alaiHandballNetballRacquetballSquashPolo, water poloFrisbee, ultimate FrisbeeKick boxing	Badminton
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	Table tennis
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	Darts
HockeySkiingMartial artsWeightliftingBoxingDivingCyclingRace-walkingTumblingAcrobaticsWrestlingJai-alaiHandballNetballRacquetballSquashPolo, water poloFrisbee, ultimate FrisbeeKick boxing	Bowling
SkiingMartial artsWeightliftingBoxingDivingCyclingRace-walkingTumblingAcrobaticsWrestlingJai-alaiHandballNetballRacquetballSquashPolo, water poloFrisbee, ultimate FrisbeeKick boxing	Curling
Martial artsWeightliftingBoxingDivingCyclingRace-walkingTumblingAcrobaticsWrestlingJai-alaiHandballNetballRacquetballSquashPolo, water poloFrisbee, ultimate FrisbeeKick boxing	Hockey
WeightliftingBoxingDivingCyclingRace-walkingTumblingAcrobaticsWrestlingJai-alaiHandballNetballRacquetballSquashPolo, water poloFrisbee, ultimate FrisbeeKick boxing	Skiing
BoxingDivingCyclingRace-walkingTumblingAcrobaticsWrestlingJai-alaiHandballNetballRacquetballSquashPolo, water poloFrisbee, ultimate FrisbeeKick boxing	Martial arts
Diving Cycling Race-walking Tumbling Acrobatics Wrestling Jai-alai Handball Netball Racquetball Squash Polo, water polo Frisbee, ultimate Frisbee Kick boxing	Weightlifting
Cycling Race-walking Tumbling Acrobatics Wrestling Jai-alai Handball Netball Racquetball Squash Polo, water polo Frisbee, ultimate Frisbee Kick boxing	Boxing
Race-walkingTumblingAcrobaticsWrestlingJai-alaiHandballNetballRacquetballSquashPolo, water poloFrisbee, ultimate FrisbeeKick boxing	Diving
Tumbling Acrobatics Wrestling Jai-alai Handball Netball Racquetball Squash Polo, water polo Frisbee, ultimate Frisbee Kick boxing	Cycling
Acrobatics Wrestling Jai-alai Handball Netball Racquetball Squash Polo, water polo Frisbee, ultimate Frisbee Kick boxing	Race-walking
Wrestling Jai-alai Handball Netball Racquetball Squash Polo, water polo Frisbee, ultimate Frisbee Kick boxing	Tumbling
Jai-alai Handball Netball Racquetball Squash Polo, water polo Frisbee, ultimate Frisbee Kick boxing	Acrobatics
Handball Netball Racquetball Squash Polo, water polo Frisbee, ultimate Frisbee Kick boxing	Wrestling
Netball Racquetball Squash Polo, water polo Frisbee, ultimate Frisbee Kick boxing	Jai-alai
Racquetball         Squash         Polo, water polo         Frisbee, ultimate Frisbee         Kick boxing	Handball
Squash Polo, water polo Frisbee, ultimate Frisbee Kick boxing	Netball
Polo, water polo Frisbee, ultimate Frisbee Kick boxing	Racquetball
Frisbee, ultimate Frisbee Kick boxing	Squash
Kick boxing	Polo, water polo
	Frisbee, ultimate Frisbee
Fencing	
	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
Ballooning

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

