

CAS at EIS - Jumeirah

CAS is a compulsory part of the IB Diploma Programme and is an opportunity to experience new and challenging activities that students might not otherwise be exposed to.

Aims and Objectives

The aims of the creativity, action, service programme are to enable students to develop:

- Knowledge skills and understanding
- A willingness to inquire and an enjoyment of discovery
- Autonomy, self-confidence, modesty and self-reliance
- Appreciation of their own and others' talents
- Personal qualities such as curiosity, honesty and self-criticism
- An ability to reflect on and to learn from experiences
- Practical skills which can be used in the service of others and in a future career
- A spirit of discovery, commitment, initiative and determination.

The CAS programme should be followed throughout the two year course for the target of 150 hours or more, i.e. about 4 to 5 hours a week. The following is a rough guideline.

Grade 12:

Term 1- 75 hours
Term 2-100 hours
Term 3 -120 hours

Grade 13:

Term 1 – 150 hours
Term 2- Files are closed

It is important to have a varied portfolio which is why a minimum of three of each of the activities is needed. In addition an outside of school service is also essential. As part of the Grade 13 Graduation Awards Ceremony there is a prize for the student whose portfolio best illustrates and embodies the spirit of CAS.

CAS activities

CREATIVITY:

- Journalism
- Musical production
- Theatrical production
- Choir
- Dance (choreography and performance)
- Art
- Wall displays
- Musical composition
- Design a website
- Cookery

ACTION:

- Karate
- Aerobics
- Gym (with official stamp from gym)
- Softball
- Squash
- Swimming
- Horse riding
- Cricket
- Basketball
- Football
- Band practice

SERVICE:

- Tutoring
- PE Assistant
- Teacher's Assistant
- Junior School Assistant
- Volunteer work
- Recycling
- Fundraising
- Local charities
- PTC Assistants

May of the above mentioned activities are available within the school.

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