

CAS Activity Ideas

- Here are some ideas of things that you do for CAS - Note: The list is not exhaustive!

Activity	C/A/S	Involvement
School Plays	C/S	Actors; Make-up; Set Design; Programme & Ticket Design/Production
Art	C	Non-Curricular Art/Pottery/Video, etc
Reading & Classroom Assistance	C/S	Working in Infant School
Language	C	Learning an new language
Language Coaching	S	German/Other Languages; After School Language Club
Junior Zoological Society	C/A/S	Assisting organize and run the Society
Environmental Action Group	C/A/S	Ecology projects in School and surrounding area
Rossall Scientific Society	C	Non-curricular scientific research
Literary Society	C	Broadening literary and cultural understanding through readings, attending plays etc
Sport	A	Learning a new sport, or developing skills in a sport in which you are already proficient.
House/School Sport	A	Taking part in sports competitions
Sport Coaching	S	Assistant Coaching/Organizing Competitions
First Aid	A/S	Learning First Aid skills
Life-saving/Lifeguard	A/S	Learning Life-saving skills or working as a Lifeguard
Library	S	Assistance
Music	C	Learning Instruments; Chapel Choir; Jazz Band; Ensembles
CCF	A/S	Developing personal skills and leadership skills through the Cadet Force
Duke of Edinburgh Award	C/A/S	Developing personal skills and leadership skills through doing the Duke of Edinburgh Award
House or School Monitor	S	Voluntary role in the Upper 6 th .
Gardening	C/A/S	Planning, planting and maintaining a garden area in the School or elsewhere
Brian House Children's Hospice	C/A/S	Voluntary work with sick children
RSPCA	A/S	Voluntary work with animal charity
Nursing Home	S	Voluntary work with elderly people
www.i-to-i.com	C/A/S	Organization which arranges individual or group voluntary work around the world
Other Voluntary Activities outside School	C/A/S	Voluntary work in the local community or at home. If you have ideas, see Chaplain.
Work Experience/Internship	C/A/S	Unpaid work in a business, hospital, kindergarten, etc, working with people.