



CAS from Home

By: Christos Dimitriadis

What activities did I do?

- 1. Swimming at my own swimming pool (Activity Long term as it will include the summer)
- 2. I learned how to play the piano (beginner's level) (Creativity Short Term)
- 3. I learned how to code with Python and applied it to create a game. (Creativity Short Term hoping for a long Term)



1. Swimming

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- Swimming is an exercise that I am fortunate enough to be able to include it to my CAS portfolio. As required I will take the necessary pictures or videos of me completing the activity, and

Health benefits of swimming

My reasons for starting this activity



Swimming is a great workout because you need to move your whole body against the resistance of the water.

Swimming is a good all-round activity because it:

- keeps your heart rate up but takes some of the impact stress off your body
- builds endurance, muscle strength and cardiovascular fitness
- helps maintain a healthy weight, healthy heart and lungs
- tones muscles and builds strength
- provides an all-over body workout, as nearly all of your muscles are used during swimming.

2. Piano



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- As there is not much to do at home besides school assignments, I decided to order an electric piano online to start learning a new musical instrument. I always found it difficult to coordinate my hands in piano but with practice I think I will be able to play my favorite songs (Bella Ciao) and classics (Für



3. Coding

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- As I've had no prior experience in python coding and I have not taken the Computer Science course as a course in the IB, this would be a great activity during quarantine that only requires a computer, a network connection and plenty of hours on YouTube. I have already spent plenty of hours on my computer learning how to code python and I have created my own game of Connect-Four. I've spent at least 25 hours working on this.

- I can show you my final outcome if you want

*Thank You
For Your Attention*

A hand holding a black marker is shown writing the words 'Thank You For Your Attention' in a cursive script on a whiteboard. The text is arranged in two lines. The background is a light gray with a white curved border at the bottom.

And yes

- I will send the proposals/reflections