

Summary: I participated in BJBL which is the Bangkok Junior Basketball League organized by the Top Flight team. It was over a course of 3 months and was held at NIST, Bangkok every Sunday. This activity allowed me to hone my basketball skills since I have been playing this sport since Grade 7. I was also the vice-captain of the basketball team at my previous school.

Reflection: I learnt so much from this activity and I am utterly grateful to have these kinds of opportunities presented to me. It improved my planning of strategies, my stamina, skills and in that process I made a lot of new friends which is always a positive thing.

Learning outcome	Achieved	Evidence
Increased awareness of strengths and areas for growth	x	• I learnt that I am better at defense than offense • I should learn how to be better at offence too so that I can be a better player and a better contributor to my team
Undertaking new challenges		
Planned and initiated activities		
Working collaboratively with others	x	• Basketball is a team sport!!!!!!
Showing perseverance and commitment	x	• Showed up to all the classes and did not miss even one session
Engaged with issues of global importance		

Consideration of ethical implications	x	• There were many fights between teams and many people got injured too
Developing new skills	x	• Learnt more defence and offence skills to use • Learnt many different strategies to build team work • Learnt tactics to win the game