



**COMMON TRAINING  
ALL TRAINING LEVELS  
INSTRUCTIONAL GUIDE  
PHYSICAL ACTIVITIES**



**SECTION 1**

**PO X05 – PARTICIPATE IN PHYSICAL ACTIVITIES**

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Total Time:

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For the following EOs, refer to the instructional guides located in A-CR-CCP-701/PF-001, *Royal Canadian Army Cadets Green Star Instructional Guides*:

- MX05.01 – Participate in Physical Activities,
- CX05.01 – Participate in Physical Activities, and
- CX05.02 – Participate in a Tournament.

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