

CHAPTER 4

SECTION 1

PERFORMANCE OBJECTIVES (POS) AND TRAINING PLAN

PURPOSE

1. The purpose of this chapter is to outline the specific POs associated with the Green Star qualification.

PERFORMANCE OBJECTIVES

2. POs are a description of the cadet's ability after training is complete. They include a description, in performance terms, of what the individual must do, the conditions under which the performance must be completed, and the standard to which the performance must conform. These three elements are respectively defined as:

- a. a performance statement;
- b. a conditions statement; and
- c. a standard.

3. This chapter also details the training plan that is designed to assist cadets to achieve the required POs using EOs and Lesson Specifications (LS) that are the key reference used for development of A-CR-CCP-701/PF-001, *Green Star Instructional Guides*.

ENABLING OBJECTIVES

4. EOs are a description of the cadet's ability after each unit of learning is complete and constitute a major step towards achieving the PO. EOs may correspond to the major components identified in the first round of deconstructing POs or they may result from grouping several related components. They are composed of three essential parts:

- a. a performance statement;
- b. a conditions statement; and
- c. a standard.

LESSON SPECIFICATIONS

5. LSs describe the instructional strategy to be applied to each EO, and include:
 - a. supporting teaching points;
 - b. references;
 - c. learning activities (methods, media and environment);
 - d. estimated timings;
 - e. assessment directions; and
 - f. any remarks that further clarify the design intent.

ASSESSMENT FOR LEARNING

6. Formative evaluation, or assessment for learning, takes place during a phase of instruction and helps cadets and instructors recognize progress or lapses in learning. These assessments can also provide cadets with opportunities to practice Performance Checks. This helps to diagnose cadet needs, eg, corrective action

or remedial instruction, plan the next steps in instruction and provide cadets with feedback they can use to improve. It also reinforces learning so that it can be retained longer. Details for Green Star assessment for learning are outlined within the applicable lesson specifications located at Chapter 4.

SECTION 2**PO 100 – PARTICIPATE IN *POSITIVE SOCIAL RELATIONS FOR YOUTH* TRAINING**

1. **Performance:** Participate in *Positive Social Relations for Youth* Training
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** IAW A-CR-CCP-915/PG-001, *Positive Social Relations for Youth Training Facilitator's Package*, the cadet will participate in Module 1—Building Positive Social Relations.
4. **Remarks:** Nil.

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SECTION 3

PO X01 – PARTICIPATE IN CITIZENSHIP ACTIVITIES

1. **Performance:** Participate in Citizenship Activities
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Any.
3. **Standard:** The cadet will participate in citizenship activities designed to develop in youth the attributes of good citizenship, such as:
 - a. participate in a citizenship tour;
 - b. attend a presentation by a community organization;
 - c. attend a presentation by a citizen-of-interest;
 - d. participate in the Canadian Citizenship Challenge;
 - e. host a citizenship ceremony;
 - f. participate in Heritage Minutes video activities; and / or
 - g. participate in citizenship learning stations.
4. **Remarks:**
 - a. One session (three periods) of mandatory training is allocated for this PO. Corps / squadrons may choose one or more of the above activities.
 - b. More time for these activities may be allocated from complementary training time.
 - c. Choose activities based on human and material resources accessible to the corps / squadron.
5. **Complementary Material:** The complementary material associated with this PO is EO CX01.01 (Participate in Citizenship Activities); it is designed to provide opportunities for cadets to participate in additional citizenship activities.

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EO MX01.01A – PARTICIPATE IN A CITIZENSHIP TOUR

1. **Performance:** Participate in a Citizenship Tour
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Any.
3. **Standard:** The cadet shall participate in a citizenship tour.
4. **Teaching Points:**
 - a. Provide the tour guide information about their audience (the cadets), including any particular interests that may be applicable. Ask the tour guide to leave time for questions and answers. It may be helpful to have the cadets generate a list of what they would like to know or questions for the tour guide in advance.
 - b. Conduct a briefing by describing:
 - (1) the organization / site,
 - (2) the significance of the organization / site, and
 - (3) the expected behaviour during the tour.
 - c. Have the cadets prepare a thank-you card for the organization / tour guide.
 - d. Have the tour guide:
 - (1) describe aspects of the organization / site during the tour, such as:
 - (a) history,
 - (b) how citizens can become involved,
 - (c) role within the community, and
 - (d) examples of activities; and
 - (2) facilitate a question-and-answer period.
 - e. Have a cadet(s) thank the organization / tour guide on behalf of all cadets and present the thank-you card.
 - f. Have the cadets reflect on what they have learned. Potential activities include:
 - (1) Highlights. Have the cadets individually list the three most interesting or surprising things they have learned from the tour. Have the cadets discuss these highlights with a partner or in small groups. If time permits, invite cadets to share highlights with the larger group.
 - (2) Reflective Questions. What did you learn about being a good Canadian citizen? What do you do in your daily life to be a good citizen? What are some simple actions you can do in your daily life to be a good citizen?

- (3) Journal. Have the cadets write a journal entry about the tour.
 - (4) Visual representation. Have the cadets create a visual representation of their experience.
- 5. **Time:** One session (3 periods) = 90 min.
- 6. **Substantiation:** A field trip was chosen for this lesson as it is a fun and interactive way to build on the cadets' knowledge of citizenship.
- 7. **References:** Nil.
- 8. **Training Aids:** Nil.
- 9. **Learning Aids:** Thank-you card materials.
- 10. **Test Details:** Nil.
- 11. **Remarks:**
 - a. Examples of organizations / sites include:
 - (1) museum,
 - (2) municipal, provincial, or federal institution (eg, legislative building),
 - (3) power plant,
 - (4) waste management facility,
 - (5) war memorial,
 - (6) emergency services facility (eg, police station, fire station),
 - (7) hospital,
 - (8) local food bank, and
 - (9) local shelter.
 - b. There is no instructional guide for this EO.
 - c. Complementary training time may be allotted to this EO to allow for more time during a single tour or to conduct more than one tour.

EO MX01.01B – ATTEND A PRESENTATION BY A COMMUNITY ORGANIZATION

1. **Performance:** Attend a Presentation by a Community Organization
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall attend a presentation by a community organization.
4. **Teaching Points:**
 - a. Provide the guest speaker information about their audience (the cadets), including any particular interests that may be applicable. Ask the guest speaker to leave time for questions and answers. It may be helpful to have the cadets generate a list of what they would like to know or questions for the guest speaker in advance. Examples of topics the guest speaker may address include:
 - (1) history of the community organization,
 - (2) how citizens can become involved,
 - (3) role within the community, and
 - (4) examples of activities.
 - b. Have the guest speaker provide any information they may wish to have included in their introduction.
 - c. Collaborate with the guest speaker to provide them with any materials they may require (eg, projector, television, DVD player, microphone) and set up the room to suit their needs.
 - d. Acquire a bottle of water and have the cadets prepare a thank-you card for the guest speaker.
 - e. Arrange for a cadet(s) to introduce the guest speaker and for a cadet(s) to thank and present the card to the guest speaker.
 - f. Have a cadet(s) welcome the guest speaker upon arrival, provide them with the bottle of water and assist them with any final preparation details, such as set-up of visual aids and orientation to the presentation room.
 - g. Have a cadet(s) introduce the guest speaker.
 - h. Have the cadets participate in the presentation, to include:
 - (1) listening to the guest speaker's presentation; and
 - (2) a question-and-answer period.
 - i. Have a cadet(s) thank the guest speaker on behalf of all cadets and present the thank-you card.

- j. After the guest speaker departs, have the cadets reflect on what they have learned. Potential activities include:
 - (1) Highlights. Have the cadets individually list the three most interesting or surprising things they have learned from the presentation. Have the cadets discuss these highlights with a partner or in small groups. If time permits, invite cadets to share highlights with the larger group.
 - (2) Reflective Questions. What did you learn about being a good Canadian citizen? What do you do in your daily life to be a good citizen? What are some simple actions you can do in your daily life to be a good citizen?
 - (3) Journal. Have the cadets write a journal entry about the presentation.
 - (4) Visual representation. Have the cadets create a visual representation of their experience.
- 5. **Time:** One session (3 periods) = 90 min.
- 6. **Substantiation:** An interactive lecture was chosen for this lesson as it is a fun and interactive way to build on the cadets' knowledge of citizenship.
- 7. **References:** Nil.
- 8. **Training Aids:**
 - a. Bottle of water, and
 - b. Any materials required by the guest speaker.
- 9. **Learning Aids:** Thank-you card materials.
- 10. **Test Details:** Nil.
- 11. **Remarks:**
 - a. Examples of community organizations include, but are not limited to:
 - (1) Alzheimer Society of Canada,
 - (2) Arthritis Society of Canada,
 - (3) Big Brothers Big Sisters of Canada,
 - (4) Canadian Cancer Society,
 - (5) Canadian Red Cross,
 - (6) Children's Wish Foundation of Canada,
 - (7) Emergency services,
 - (8) Hospital,
 - (9) Lions Clubs International,
 - (10) local environmental groups,
 - (11) local food bank,
 - (12) Kinsmen Club,
 - (13) Kiwanis Club,
 - (14) municipal, provincial, or federal governments,

- (15) museum,
 - (16) Rotary Club,
 - (17) Royal Canadian Legion, and
 - (18) United Way of Canada.
- b. There is no instructional guide for this EO.
 - c. Complementary training time may be allotted to this EO to allow for multiple presentations throughout the training year.

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EO MX01.01C – ATTEND A PRESENTATION BY A CITIZEN-OF-INTEREST

1. **Performance:** Attend a Presentation by a Citizen-of-Interest
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall attend a presentation by a citizen-of-interest.
4. **Teaching Points:**
 - a. Provide the guest speaker information about their audience (the cadets), including any particular interests that may be applicable. Ask the guest speaker to leave time for questions and answers. It may be helpful to have the cadets generate a list of what they would like to know or questions for the guest speaker in advance.
 - b. Have the guest speaker provide any information they may wish to have included in their introduction.
 - c. Collaborate with the guest speaker to provide them with any materials they may require (eg, projector, television, DVD player, microphone) and set up the room to suit their needs.
 - d. Acquire a bottle of water and have the cadets prepare a thank-you card for the guest speaker.
 - e. Arrange for a cadet(s) to introduce the guest speaker and for a cadet(s) to thank and present the card to the guest speaker.
 - f. Have a cadet(s) welcome the guest speaker upon arrival, provide them with the bottle of water and assist them with any final preparation details, such as set-up of visual aids and orientation to the presentation room.
 - g. Have a cadet(s) introduce the guest speaker.
 - h. Have the cadets participate in the presentation, to include:
 - (1) listening to the guest speaker's story, and
 - (2) a question-and-answer period.
 - i. Have a cadet(s) thank the guest speaker on behalf of all cadets and present the thank-you card.
 - j. After the guest speaker departs, have the cadets reflect on what they have learned. Potential activities include:
 - (1) Highlights. Have the cadets individually list the three most interesting or surprising things they have learned from the presentation. Have the cadets discuss these highlights with a partner or in small groups. If time permits, invite cadets to share highlights with the larger group.
 - (2) Reflective Questions. What did you learn about being a good Canadian citizen? What do you do in your daily life to be a good citizen? What are some simple actions you can do in your daily life to be a good citizen?
 - (3) Journal. Have the cadets write a journal entry about the presentation.

- (4) Visual representation. Have the cadets create a visual representation of their experience.
5. **Time:** One session (3 periods) = 90 min.
6. **Substantiation:** An interactive lecture was chosen for this lesson as it is a fun and interactive way to build on the cadets' knowledge of citizenship.
7. **References:** Nil.
8. **Training Aids:**
 - a. Bottle of water, and
 - b. Any materials required by the guest speaker.
9. **Learning Aids:** Thank-you card materials.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. Examples of citizens-of-interest include, but are not limited to:
 - (1) philanthropists,
 - (2) immigrants,
 - (3) senior citizens,
 - (4) political figures (municipal, provincial / territorial, federal),
 - (5) inspirational volunteers, and
 - (6) people leading positive change.
 - b. A potential source for a guest speaker who is an immigrant is *Passages to Canada*, which is located at www.passagestocanada.com.
 - c. There is no instructional guide for this EO.
 - d. Complementary training time may be allotted to this EO to allow for multiple presentations throughout the training year.

EO MX01.01D – PARTICIPATE IN THE CANADIAN CITIZENSHIP CHALLENGE

1. **Performance:** Participate in the Canadian Citizenship Challenge
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Any.
3. **Standard:** The cadet shall participate in the Canadian Citizenship Challenge.
4. **Teaching Points:**
 - a. Research the most recent information about the Canadian Citizenship Challenge at www.citizenshipchallenge.ca, including registration details and contest rules and regulations.
 - b. Have the cadets prepare for the Canadian Citizenship Challenge by studying *Discover Canada: The Rights and Responsibilities of Citizenship*, which is available at www.citizenshipchallenge.ca > STUDY GUIDE.
 - c. To help the cadets prepare and stimulate their interest in the Canadian Citizenship Challenge, choose and conduct activities from the Canadian Citizenship Challenge learning tools available at www.citizenshipchallenge.ca > LEARNING TOOLS.
 - d. Have the cadets complete the Canadian Citizenship Challenge quiz.
5. **Time:** One session (3 periods) = 90 min.
6. **Substantiation:** An in-class activity was chosen for this lesson as it is a fun and interactive way to build on the cadets' knowledge of citizenship.
7. **References:**
 - a. Historica Dominica Institute. (2013). *Canadian citizenship challenge*. Retrieved March 26, 2013 from <http://www.citizenshipchallenge.ca/>.
 - b. Citizenship and Immigration Canada. (2012). *Discover Canada: The rights and responsibilities of citizenship*. Retrieved March 26, 2013 from <http://www.cic.gc.ca/english/resources/publications/discover/index.asp>.
8. **Training Aids:**
 - a. *Discover Canada: The Rights and Responsibilities of Citizenship*, and
 - b. Other materials dependant on the activities chosen.
9. **Learning Aids:**
 - a. *Discover Canada: The Rights and Responsibilities of Citizenship*, and
 - b. Other materials dependant on the activities chosen.

10. **Test Details:** Nil.

11. **Remarks:**

- a. There is no instructional guide for this EO.
- b. Complementary training time may be allotted to this EO to allow for more time to conduct activities and prepare for the Canadian Citizenship Challenge.

EO MX01.01E – HOST A CITIZENSHIP CEREMONY

1. **Performance:** Host a Citizenship Ceremony
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Any.
3. **Standard:** As a member of a team, the cadet shall host a citizenship ceremony.
4. **Teaching Points:**
 - a. Research the most recent information about hosting citizenship ceremonies at the Citizenship and Immigration Canada website: www.cic.gc.ca > CANADIANS > CELEBRATE BEING CANADIAN > HOSTING CITIZENSHIP CEREMONIES.
 - b. Plan and prepare the citizenship ceremony in collaboration with Citizenship and Immigration Canada.
 - c. Leading up to the citizenship ceremony, conduct activities with the cadets that will help them develop an appreciation for the significance of the citizenship ceremony. Activities from EO MX01.01D (Participate in the Canadian Citizenship Challenge) and inviting an immigrant to Canada as a guest speaker through *Passages to Canada* as part of EO MX01.01C (Attend a Presentation by a Citizen-of-Interest) would meet this aim.
 - d. Host the citizenship ceremony in collaboration with Citizenship and Immigration Canada.
 - e. After the citizenship ceremony, have the cadets reflect on what they have learned. Potential activities include:
 - (1) Highlights. Have the cadets individually list the three most interesting or surprising things they have learned from the experience. Have the cadets discuss these highlights with a partner or in small groups. If time permits, invite cadets to share highlights with the larger group.
 - (2) Reflective Questions. What did you learn about being a good Canadian citizen? What do you do in your daily life to be a good citizen? What are some simple actions you can do in your daily life to be a good citizen?
 - (3) Journal. Have the cadets write a journal entry about the experience.
 - (4) Visual representation. Have the cadets create a visual representation of their experience.

5. **Time:** One session (3 periods) = 90 min.
6. **Substantiation:** A practical activity was chosen for this lesson as it is a fun and interactive way to build on the cadets' knowledge of citizenship.
7. **References:** Citizenship and Immigration Canada. (2011). *Host a citizenship ceremony*. Retrieved March 26, 2013, from <http://www.cic.gc.ca/english/celebrate/ceremony.asp>
8. **Training Aids:** Dependant on the activities chosen.
9. **Learning Aids:** Dependant on the activities chosen.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. Hosting a citizenship ceremony could be an excellent leadership project for interested cadets in Phase Five / Master Cadet / Proficiency Level Five, as part of PO 503 (Lead Cadet Activities).
 - b. There is no instructional guide for this EO.
 - c. Complementary training time may be allotted to this EO to allow for more time to conduct activities and prepare for the citizenship ceremony.

EO MX01.01F – PARTICIPATE IN AN ELECTION

1. **Performance:** Participate in an Election
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance.
 - b. Denied: Nil.
 - c. Environmental: Any.
3. **Standard:** The cadet shall participate in an election.
4. **Teaching Points:**
 - a. Conduct the following activities concurrently:
 - (1) Have Phase One / Green Star / Proficiency Level One and Phase Two / Red Star / Proficiency Level Two cadets participate in an activity about democracy and the electoral process in Canada, such as:
 - (a) a guest speaker presentation (eg, Elections Canada, political candidate, campaign worker) as per EOs MX01.01B (Attend a Presentation by a Community Organization) and MX01.01C (Attend a Presentation by a Citizen-of-Interest),
 - (b) watching and discussing related Heritage Minutes videos as per EO MX01.01G (Participate in Heritage Minutes Video Activities), such as:
 - i. *Baldwin & LaFontaine*,
 - ii. Nellie McClung, and
 - iii. *Responsible Government*; and
 - (c) relevant learning stations as per EO MX01.01H (Participate in Citizenship Learning Stations), such as:
 - i. Learning Station 5: How Canadians Govern Themselves, and,
 - ii. Learning Station 6: Elections.
 - (2) Have Phase Three / Silver Star / Proficiency Level Three cadets, in teams, prepare a campaign on an option, of their own choice or selected by the appropriate authority, such as:
 - (a) cadet representative to the officer cadre,
 - (b) citizenship tour destination, and
 - (c) new canteen items.
 - (3) Have Phase Four / Gold Star / Proficiency Level Four cadets, in teams, prepare to conduct the election as election officials, filling the positions of:
 - (a) deputy returning officer, and
 - (b) poll clerk.

- b. Have Phase Three / Silver Star / Proficiency Level Three cadets implement their campaigns in an effort to convince the other cadets in the corps / squadron to vote for their proposed option. This may include speeches, posters, pamphlets, etc.
 - c. Have the Phase Four / Gold Star / Proficiency Level Four cadets conduct the election. All cadets will be given the opportunity to vote and the results shall be binding.
 - d. Have the cadets reflect on the electoral process, to build understanding of:
 - (1) the importance of Canadian electoral procedures for ensuring free and fair elections,
 - (2) decision-making techniques used by voters, and
 - (3) the role of electors, campaign workers, and election officials and the challenges faced by the people filling these roles.
 - e. Link the election to federal elections by naming the local riding(s) and Member(s) of Parliament and explaining the eligibility requirements to vote in Canada.
5. **Time:** One session (3 periods) = 90 min.
6. **Substantiation:** A practical activity was chosen for this lesson as a fun and interactive way to build on the cadets' knowledge of citizenship.
7. **References:** Elections Canada. (2010). *Canada at the Polls!* Retrieved March 13, 2013, from <http://elections.ca/content.aspx?section=vot&dir=yth/stu/gui&document=index&lang=e>. (www.elections.ca > teacher > *Canada at the Polls!*)
8. **Training Aids:** Nil.
9. **Learning Aids:** Nil.
10. **Test Details:** Nil.
11. **Remarks:**
- a. In order to stimulate interest, it is important that the cadets vote on real options with real consequences.
 - b. At least two assistant instructors are required for this lesson.
 - c. There are numerous potential leadership opportunities for cadets when conducting an election session, such as:
 - (1) Phase Three / Silver Star / Proficiency Level Three, Phase Four / Gold Star / Proficiency Level Four, and Phase Five / Master Cadet / Proficiency Level Five cadets may complete leadership assignments, such as leading a campaign team, in accordance with POs 303 (Perform the Role of a Team Leader), 403 (Act as a Team Leader), and 503 (Lead Cadet Activities); and
 - (2) Phase Five / Master Cadet / Proficiency Level Five cadets may plan, prepare and conduct the session as a leadership project in accordance with PO 503 (Lead Cadet Activities).

EO MX01.01G – PARTICIPATE IN HERITAGE MINUTES VIDEO ACTIVITIES

1. **Performance:** Participate in Heritage Minutes Video Activities
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Any.
3. **Standard:** The cadet shall participate in Heritage Minutes video activities.
4. **Teaching Points:**
 - a. Have the cadets watch Heritage Minutes videos, which can be ordered on DVD or viewed online at www.historica-dominion.ca > VIDEO > HERITAGE MINUTES.
 - b. Have the cadets participate in activities designed to develop an appreciation for Canadian historical figures and significant events.
5. **Time:** One session (3 periods) = 90 min.
6. **Substantiation:** An in-class activity was chosen for this lesson as it is a fun and interactive way to build on the cadets' knowledge of citizenship.
7. **References:** Historica Dominion Institute. (2013). *Heritage Minutes Videos*. Retrieved March 13, 2013 from <https://www.historica-dominion.ca/content/videos>.
8. **Training Aids:**
 - a. Heritage Minutes DVDs, TV and DVD player, or
 - b. Computer / tablet with Internet connection.
9. **Learning Aids:**
 - a. Heritage Minutes videos, and
 - b. Other materials dependant on the activity chosen.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. Although the instructional guides provide activities for a number of Heritage Minutes, instructors are authorized to choose other Heritage Minutes from the website and create their own activities.
 - b. For certain Heritage Minutes, the Historica Dominion Institute provides activities that may be used by the instructor. For example: www.historica-dominion.ca > VIDEO > HERITAGE MINUTES > BLUENOSE > LEARNING RESOURCES includes classroom tools for intermediate (Cadet Program Years 1 and 2) and secondary (Cadet Program Years 3 and 4).
 - c. Complementary training time may be allotted to this EO to allow for additional Heritage Minutes activities throughout the training year.

- d. There are numerous potential leadership opportunities for cadets when conducting a Heritage Minutes video activities session:
 - (1) Phase Five / Master Cadet / Proficiency Level Five cadets may plan, prepare and conduct the session as a leadership project IAW PO 503 (Lead Cadet Activities); and
 - (2) Phase Three / Silver Star / Proficiency Level Three, Phase Four / Gold Star / Proficiency Level Four, and Phase Five / Master Cadet / Proficiency Levels Five cadets may complete leadership assignments, such as leading a Heritage Minutes video activity, IAW POs 303 (Perform the Role of a Team Leader), 403 (Act as a Team Leader), and 503 (Lead Cadet Activities).

EO MX01.01H – PARTICIPATE IN CITIZENSHIP LEARNING STATIONS

1. **Performance:** Participate in Citizenship Learning Stations
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Any.
3. **Standard:** The cadet shall participate in citizenship learning stations.
4. **Teaching Points:** Have the cadets participate in citizenship learning stations that focus on various aspects of being a good Canadian citizen, such as:
 - a. rights and responsibilities of Canadian citizens,
 - b. Canadian identities (multiculturalism),
 - c. Canadian history,
 - d. modern Canada,
 - e. how Canadians govern themselves,
 - f. elections,
 - g. the justice system,
 - h. Canadian symbols,
 - i. Canada's economy, and
 - j. Canada's regions.
5. **Time:** One session (3 periods) = 90 min.
6. **Substantiation:** An in-class activity was chosen for this lesson as it is a fun and interactive way to build on the cadets' knowledge of citizenship.
7. **References:** Citizenship and Immigration Canada. (2012). *Discover Canada: The rights and responsibilities of Citizenship*. Retrieved March 12, 2013 from <http://www.cic.gc.ca/english/resources/publications/discover/index.asp>
8. **Training Aids:** Dependant on the learning stations chosen.
9. **Learning Aids:** Dependant on the learning stations chosen.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. Although the instructional guide for this lesson provides a number of interactive learning stations, instructors are authorized to create their own learning stations.
 - b. Complementary training time may be allotted to this EO to allow for additional learning stations throughout the training year.

- c. There are numerous potential leadership opportunities for cadets when conducting these learning stations:
 - (1) Phase Five / Master Cadet / Proficiency Level Five cadets may plan, prepare and conduct the learning stations activity as a leadership project IAW PO 503 (Lead Cadet Activities); and
 - (2) Phase Three / Silver Star / Proficiency Level Three, Phase Four / Gold Star / Proficiency Level Four, and Phase Five / Master Cadet / Proficiency Levels Five cadets may complete leadership assignments, such as leading or supervising individual learning stations, IAW POs 303 (Perform the Role of a Team Leader), 403 (Act as a Team Leader), and 503 (Lead Cadet Activities).

EO CX01.01 – PARTICIPATE IN CITIZENSHIP ACTIVITIES**1. Performance:** Participate in Citizenship Activities

An additional six sessions (18 periods) of one or more of the following lessons may be scheduled as complementary training:

1. EO MX01.01A (Participate in a Citizenship Tour),
2. EO MX01.01B (Attend a Presentation by a Community Organization),
3. EO MX01.01C (Attend a Presentation by a Citizen-of-Interest),
4. EO MX01.01D (Participate in the Canadian Citizenship Challenge),
5. EO MX01.01E (Host a Citizenship Ceremony),
6. EO MX01.01F (Participate in an Election),
7. EO MX01.01G (Participate in Heritage Minutes Video Activities), and
8. EO MX01.01H (Participate in Citizenship Learning Stations).

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SECTION 4**PO X02 – PERFORM COMMUNITY SERVICE**

1. **Performance:** Perform Community Service
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance.
 - b. Denied: Nil.
 - c. Environmental: Dependent on the community service activity chosen.
3. **Standard:** As a member of a team, the cadet will:
 - a. conduct a personal inventory of skills, talents, and interests;
 - b. identify a community need to address;
 - c. investigate the underlying problem;
 - d. assist with the preparation and planning of community service, to include:
 - (1) collaborating with community partners;
 - (2) defining the goal of the community service;
 - (3) describing anticipated results;
 - (4) identifying how to measure the effects;
 - (5) identifying how progress will be monitored;
 - (6) defining roles and responsibilities of all involved;
 - (7) creating a timeline for all tasks; and
 - (8) identifying required resources;
 - e. perform community service that provides a direct benefit to the community;
 - f. monitor progress;
 - g. reflect on the community service, to include:
 - (1) describing what happened;
 - (2) examining the difference made;
 - (3) discussing thoughts and feelings; and
 - (4) considering activity improvements;
 - h. prepare and plan a public demonstration of their community service and the effect it has had on them and the community; and
 - i. conduct their demonstration by:

- (1) giving a public presentation;
- (2) writing an article;
- (3) publishing on a website or in another publication;
- (4) creating a work of art; or
- (5) completing another appropriate demonstration.

4. **Remarks:**

- a. The aim of this PO is for cadets to participate in meaningful community service that:
 - (1) has value, purpose, and meaning;
 - (2) uses previously learned and newly acquired skills and knowledge;
 - (3) offers unique learning experiences;
 - (4) has real consequences; and
 - (5) offers a safe environment to learn, to make mistakes, and to succeed.
 - b. Youth voice is key to developing cadets as leaders. Cadets need ample opportunities to express their ideas and opinions, and to make constructive choices and see the results. Community service enables cadets to take initiative, make decisions, interact with community representatives, learn about the role of government in social issues, develop critical-thinking skills, put their ideas into action, and assess and evaluate what happened.
 - c. Community service shall be conducted using the five stages of service learning, to include:
 - (1) inventory and investigation,
 - (2) preparation and planning,
 - (3) action,
 - (4) reflection, and
 - (5) demonstration.
 - d. The community service activity shall not have any partisan political association or support any single religious denomination or belief system.
 - e. The community service activity shall not directly benefit the corps / squadron or the sponsor.
5. **Complementary Material:** The complementary material associated with this PO is EO CX02.01 (Perform Community Service); it is designed to provide corps / squadrons an additional six sessions (18 periods) to perform community service.

EO MX02.01 – PERFORM COMMUNITY SERVICE

1. **Performance:** Perform Community Service
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance.
 - b. Denied: Nil.
 - c. Environmental: Dependent on the community service activity chosen.
3. **Standard:** As a member of a team, the cadet shall:
 - a. conduct a personal inventory of skills, talents, and interests;
 - b. identify a community need to address;
 - c. investigate the underlying problem;
 - d. assist with the preparation and planning of community service, to include:
 - (1) collaborating with community partners;
 - (2) defining the goal of the community service;
 - (3) describing anticipated results;
 - (4) identifying how to measure the effects;
 - (5) identifying how progress will be monitored;
 - (6) defining roles and responsibilities of all involved;
 - (7) creating a timeline for all tasks; and
 - (8) identifying required resources;
 - e. perform community service that provides a direct benefit to the community;
 - f. monitor progress;
 - g. reflect on the community service, to include:
 - (1) describing what happened;
 - (2) examining the difference made;
 - (3) discussing thoughts and feelings; and
 - (4) considering activity improvements;
 - h. prepare and plan a public demonstration of their community service and the effect it has had on them and the community; and
 - i. conduct their demonstration by:
 - (1) giving a public presentation;
 - (2) writing an article;

- (3) publishing on a website or in another publication;
- (4) creating a work of art; or
- (5) completing another appropriate demonstration.

4. Teaching Points:

- a. Have the cadets conduct a personal inventory of skills, talents and interests.
- b. Have the cadets select a community need to address.
- c. Have the cadets investigate the need and identify the underlying problem.
- d. Have the cadets assist in the preparation and planning of community service, to include:
 - (1) collaborating with community partners;
 - (2) defining the goal of the community service;
 - (3) describing anticipated results;
 - (4) identifying how to measure the effects;
 - (5) identifying how progress will be monitored;
 - (6) defining roles and responsibilities of all involved;
 - (7) creating a timeline for all tasks; and
 - (8) identifying required resources.
- e. Have the cadets perform community service that provides a direct benefit to the community and monitor their progress.
- f. Have the cadets reflect on the community service, to include:
 - (1) describing what happened;
 - (2) examining the difference made;
 - (3) discussing thoughts and feelings; and
 - (4) considering activity improvements.
- g. Have the cadets prepare and plan a public demonstration of their community service and the effect it has had on them and the community.
- h. Have the cadets conduct their demonstration by:
 - (1) giving a public presentation;
 - (2) writing an article;
 - (3) publishing on a website or in another publication;
 - (4) creating a work of art; or
 - (5) completing another appropriate demonstration.

5. **Time:** Three sessions (9 periods) = 270 min
6. **Substantiation:** A practical activity was chosen for this lesson as it allows the cadets to interact with their peers while providing a service to the community.
7. **References:** Kaye, Cathryn B. *The Complete Guide to Service Learning: Proven, Practical Ways to Engage Students in Civic Responsibility, Academic Curriculum, & Social Action*. Minneapolis, MN: Free Spirit Publishing Inc, 2010.
8. **Training Aids:** Nil.
9. **Learning Aids:** Nil.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. The aim of this lesson is for cadets to participate in meaningful community service that:
 - (1) has value, purpose, and meaning;
 - (2) uses previously learned and newly acquired skills and knowledge;
 - (3) offers unique learning experiences;
 - (4) has real consequences; and
 - (5) offers a safe environment to learn, to make mistakes, and to succeed.
 - b. Youth voice is key to developing cadets as leaders. Cadets need ample opportunities to express their ideas and opinions, and to make constructive choices and see the results. Community service enables cadets to take initiative, make decisions, interact with community representatives, learn about the role of government in social issues, develop critical-thinking skills, put their ideas into action, and assess and evaluate what happened.
 - c. Community service shall be conducted using the five stages of service learning, to include:
 - (1) inventory and investigation,
 - (2) preparation and planning,
 - (3) action,
 - (4) reflection, and
 - (5) demonstration.
 - d. More than one community service activity may be chosen to complete the required training time.
 - e. If additional time is required to complete all five stages of service learning, periods from EO CX02.01 (Perform Community Service) may be used.
 - f. The community service activity shall not have any partisan political association or support any single religious denomination or belief system.
 - g. The community service activity shall not directly benefit the corps / squadron or the sponsor.

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EO CX02.01 – PERFORM COMMUNITY SERVICE

1. Performance: Perform Community Service

An additional six sessions (18 periods) of MX02.01 (Perform Community Service) may be scheduled as complementary training.

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SECTION 5**PO 103 – PARTICIPATE AS A MEMBER OF A TEAM**

1. **Performance:** Participate as a Member of a Team
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet will participate as a member of a team, to include:
 - a. explaining the responsibilities of a follower in a team;
 - b. mapping personal goals for the training year; and
 - c. participating in teambuilding activities with other members of the squadron in order to improve communication skills, enhance teamwork and build trust and mutual support.
4. **Remarks:** Nil.
5. **Complementary Material:** Complementary material associated with PO 103 is designed to enhance the cadets' knowledge of being a member of a team through a number of activities:
 - a. EO C103.01 (Participate in Icebreaker Activities),
 - b. EO C103.02 (Participate in Self-Introductions), and
 - c. EO C103.03 (Participate in Teambuilding Activities).

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EO M103.01 – IDENTIFY THE RESPONSIBILITIES OF A FOLLOWER IN A TEAM

1. **Performance:** Identify the Responsibilities of a Follower in a Team
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall identify the responsibilities of a follower in a team environment.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain the following four responsibilities of a follower, to include: a. respect the leader and other team members; b. cooperate with others; c. admit mistakes and learn from experience; and d. accept constructive feedback.	Interactive Lecture	10 min	C3-038
TP2	Explain the following five responsibilities of a follower in a team, to include: a. assume responsibility; b. be honest; c. accept other team members for who they are; d. know the job and be prepared; and e. communicate clearly with others.	Interactive Lecture	15 min	C3-038

5. **Time:**
 - a. Introduction / Conclusion: 5 min
 - b. Interactive Lecture: 25 min
 - c. Total: 30 min

6. **Substantiation:** An interactive lecture was chosen for this lesson to orient the cadets to identify responsibilities of a follower in a team and generate interest.
7. **References:** C3-038 Campbell, R. (2006). *Leadership: Getting it done*. Retrieved 16 March 2006, from <http://www.ssu.missouri.edu/faculty/rcampbell/leadership/chapter5.htm>
8. **Training Aids:** Presentation aids (eg, whiteboards / flipcharts / OHP / multimedia projector) appropriate for classroom/training area.
9. **Learning Aids:**
 - a. Scrambled words handout, and
 - b. Container.
10. **Test Details:** Nil.
11. **Remarks:** Nil.

EO M103.02 – MAP A PERSONAL GOAL FOR THE TRAINING YEAR

1. **Performance:** Map a Personal Goal for the Training Year

2. **Conditions:**

a. Given:

- (1) Supervision, and
- (2) Assistance as required.

b. Denied: Nil.

c. Environmental: Any.

3. **Standard:** The cadet shall:

- a. identify goals using SMART; and
- b. map a personal goal for the training year.

4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain the concept of goal setting, to include: a. the definition of a goal, b. the difference between short-term and long-term goals, c. how to develop goals, and d. how to set goals using the SMART (specific, measurable, attainable, realistic, and timely) method.	Interactive Lecture	10 min	C0-021 C0-022 C0-431
TP2	Conduct a goal mapping activity.	In-Class Activity	15 min	

5. **Time:**

- a. Introduction / Conclusion: 5 min
- b. Interactive Lecture: 10 min
- c. In-Class Activity: 15 min
- d. Total: 30 min

6. **Substantiation:**

- a. An interactive lecture was chosen for TP1 as it is an effective way to generate interest and motivate the cadets to set personal goals for themselves.
- b. An in-class activity was chosen for TP2 as it is an interactive way to provoke thought and stimulate interest among cadets.

7. **References:**

- a. C0-021 ISBN 1-58062-513-4 Adams, B. (2001). *The Everything Leadership Book*. Avon, MA: Adams Media.
- b. C0-022 ISBN 0-02864-207-4 Cole, K. (2002). *The Complete Idiot's Guide to Clear Communication*. Indianapolis, IN: Alpha Books.
- c. C0-431 Health Canada. (2011). *Eat Well and Be Active Education Toolkit*. Retrieved September 29, 2011, from <http://hc-sc.gc.ca/fn-an/food-guide-aliment/educ-comm/toolkit-trousse/plan-3a-eng.php>

8. **Training Aids:**

- a. Presentation aids (eg, whiteboard / flip chart / OHP / multimedia projector) appropriate for the classroom / training area, and
- b. SMART worksheet.

9. **Learning Aids:** SMART worksheet.

10. **Test Details:** Nil.

11. **Remarks:** Nil.

EO M103.03 – PARTICIPATE IN TEAMBUILDING ACTIVITIES

1. **Performance:** Participate in Teambuilding Activities
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall participate in teambuilding activities and discuss the characteristics and advantages of a successful team.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Conduct the teambuilding activity “the Human Knot.”	In-Class Activity	10 min	C0-003 (p. 88)
TP2	Conduct the teambuilding activity “Memory.”	In-Class Activity	10 min	C0-005 (p. 27)
TP3	Conduct the teambuilding activity “Silent Birthdays.”	In-Class Activity	10 min	C0-003 (p. 95)
TP4	Lead a discussion on the characteristics of a successful team, to include: a. strong communication, b. mutual cooperation and support, c. sharing a common goal, and d. high esprit de corps. Have the cadets discuss the advantages of a successful team, to include: a. including everyone; b. producing a better outcome; c. making the task easier to complete because more people are involved; and d. develops communication skills.	Group Discussion	20 min	C0-004 (pp. 114-118)

5. **Time:**

- | | |
|-------------------------------|--------|
| a. Introduction / Conclusion: | 10 min |
| b. In-Class Activity: | 30 min |
| c. Group Discussion: | 20 min |
| d. Total: | 60 min |

6. **Substantiation:**

- a. An in-class activity was chosen for TPs 1–3 as it is an interactive way to present team building activities and the learning objective.
- b. A group discussion was chosen for TP4 as it allows the cadet to interact with their peers and share their knowledge, opinions and feelings about the advantages and characteristics of a successful team.

7. **References:**

- a. C0-004 ISBN 1-58062-577-0 McClain, G. & Romaine, D. S. (2002). *The everything managing people book*. Avon, MA: Adams Media.
- b. C0-003 ISBN 0-943210-44-5 Pike, B. & Busse, C. (1995). *101 more games for trainers*. Minneapolis, MN: Lakewood Publishing.
- c. C0-005 ISBN 0-07-046414-6 Scannell, E.E. & Newstrom, J. W. (1994). *Even more games trainers play*. New York: McGraw-Hill.

8. **Training Aids:**

- a. Presentation aids (eg, whiteboard / flip chart / OHP / multimedia projector) appropriate for the classroom / training area; and
- b. Collage provided in Annex A of the Instructional Guide.

9. **Learning Aids:**

- a. Collage found in Annex A of the Instructional Guide,
- b. Paper and pens, and
- c. Flip chart markers.

10. **Test Details:** Nil.

11. **Remarks:** Nil.

EO C103.01 – PARTICIPATE IN ICEBREAKER ACTIVITIES

1. **Performance:** Participate in Icebreaker Activities
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall participate in icebreaker activities in order to become familiar with other cadets in the group.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Conduct the icebreaker activity “True Confession Toothpicks.”	In-Class Activity	5 min	C0-003 (p.18)
TP2	Conduct the icebreaker activity “Two Truths and a Lie.”	In-Class Activity	5 min	C0-029 (p. 331)
TP3	Conduct the icebreaker activity “Self Disclosure Introductions.”	In-Class Activity	5 min	C0-028 (p.15)
TP4	Lead a group discussion on the effectiveness of the icebreakers in introducing themselves to each other.	Group Discussion	10 min	

5. **Time:**
 - a. Introduction / Conclusion: 5 min
 - b. In-Class Activity: 15 min
 - c. Group Discussion: 10 min
 - d. Total: 30 min
6. **Substantiation:**
 - a. An in-class activity was chosen for TPs 1 to 3 as it is an interactive way to present icebreaker activities and the learning objective.
 - b. A group discussion was chosen for TP 4 as it allows the cadets to interact with their peers and share their knowledge, opinions and feelings about icebreaker activities.

7. **References:**

- a. C0-028 ISBN 0-07-046513-4 Newstrom, J and Scannell, E. (1998). *The big book of teambuilding games*. New York, NY: McGraw-Hill.
- b. C0-003 ISBN 0-943210-44-5 Pike, B and Busse, C. (1995) *101 more games for trainers*. Minneapolis, MN: Lakewood Books.
- c. C0-029 ISBN 0-7872-4532-1 Cain, J and Jolliff, B. (1998). *Teamwork and teamplay*. Brockport, NY: Kendall/Hunt.

8. **Training Aids:**

- a. Presentation aids (eg, whiteboards / flipcharts / OHP / multimedia projector) appropriate for classroom/training area, and
- b. Toothpicks.

9. **Learning Aids:** Nil.

10. **Test Details:** Nil.

11. **Remarks:** Nil.

EO C103.02 – PARTICIPATE IN SELF-INTRODUCTIONS

1. **Performance:** Participate in Self-Introductions
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall introduce themselves to the group.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Conduct a self-introduction activity by having the cadets: a. prepare notes before the introductions begin; and b. introduce themselves, to include: (1) name, (2) what school they attend, (3) what grade they are in, (4) why they joined cadets, (5) hobbies, (6) interests, (7) in general, career ambitions, and (8) any other information they wish to share with the group.	In-Class Activity	15 min	C0-021 (pp. 2 and 3)
TP2	Lead a discussion on the importance of the self-introduction activity in regards to developing communication skills.	Group Discussion	10 min	

5. **Time:**
 - a. Introduction / Conclusion: 5 min
 - b. In-Class Activity: 20 min
 - c. Group Discussion: 5 min
 - d. Total: 30 min
6. **Substantiation:**
 - a. An in-class activity was chosen for TP 1 as it is an interactive way to reinforce self-introductions and to provoke thought and stimulate interest among cadets.

- b. A group discussion was chosen for TP2 as it allows the cadets to interact with their peers and share their knowledge, opinions and feelings about self-introductions.
- 7. **References:** C0-021 ISBN 1-58062-513-4 Adams, B. (2001). *The everything leadership book*. Avon, MA: Adams Media.
- 8. **Training Aids:** Presentation aids (eg, whiteboards / flipcharts / OHP / multimedia projector) appropriate for classroom/training area, and
- 9. **Learning Aids:**
 - a. White board and markers, and
 - b. Paper and pens.
- 10. **Test Details:** Nil.
- 11. **Remarks:** Nil.

EO C103.03 – PARTICIPATE IN TEAMBUILDING ACTIVITIES

1. **Performance:** Participate in Teambuilding Activities
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall participate in teambuilding activities and discuss the characteristics and advantages of a successful team.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Conduct the teambuilding activity “Jigsaw.”	In-Class Activity	5 min	C0-028 (pp. 67-68)
TP2	Lead a discussion on how the cadets viewed the Jigsaw game in terms of how it fostered teamwork.	Group Discussion	5 min	
TP3	Conduct the teambuilding activity “Alphabetically.”	In-Class Activity	10 min	C0-029 (p. 74)
TP4	Lead a discussion on how the cadets viewed the Alphabetically game in terms of how it demonstrated the need for teamwork.	Group Discussion	5 min	

5. **Time:**
 - a. Introduction / Conclusion: 5 min
 - b. In-Class Activity: 15 min
 - c. Group Discussion: 10 min
 - d. Total: 30 min
6. **Substantiation:**
 - a. An in-class activity was chosen for TPs 1 and 3 as it is an interactive way to present team building activities and the learning objective.
 - b. A group discussion was chosen for TPs 2 and 4 as it allows the cadet to interact with their peers and share their knowledge, opinions and feelings about teamwork.

7. **References:**

- a. C0-028 ISBN 0-07-046513-4 Newstrom, J and Scannell, E. (1998). *The big book of teambuilding games*. New York, NY: McGraw-Hill.
- b. C0-029 ISBN 0-7872-4532-1 Cain, J and Jolliff, B. (1998). *Teamwork and teamplay*. Brockport, NY: Kendall/Hunt.

8. **Training Aids:**

- a. Presentation aids (eg, whiteboard / flip chart / OHP / multimedia projector) appropriate for the classroom / training area, and
- b. Picture puzzle, and
- c. CD player and cds (optional).

9. **Learning Aids:** Picture puzzle.

10. **Test Details:** Nil.

11. **Remarks:** Nil.

SECTION 6

PO X04 – TRACK PARTICIPATION IN PHYSICAL ACTIVITIES

1. **Performance:** Track Participation in Physical Activities
2. **Conditions:**
 - a. Given:
 - (1) Physical Activity Tracker,
 - (2) *Canadian Physical Activity Guidelines*,
 - (3) *Canadian Sedentary Behaviour Guidelines*,
 - (4) Supervision, and
 - (5) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet will:
 - a. track moderate- to vigorous-intensity physical activity time for four weeks using the Physical Activity Tracker;
 - b. use the Physical Activity Tracker to compare participation in physical activities to the *Canadian Physical Activity Guidelines* and *Canadian Sedentary Behaviour Guidelines*; and
 - c. identify strategies to improve participation in physical activities.
4. **Remarks:**
 - a. The aim of this PO is to encourage cadets to be more physically active in their daily lives.
 - b. Performance Checks (304, 404, and 504 PCs) have been developed for Phase Three / Silver Star / Proficiency Level Three, Phase Four / Gold Star / Proficiency Level Four, and Phase Five / Master Cadet / Proficiency Level Five.
5. **Complementary Material:** Complementary material associated with this PO is designed to enhance the cadets' knowledge of personal fitness and healthy living through a number of activities:
 - a. EO CX04.01 (Participate in the Cadet Fitness Assessment and Identify Strategies for Improving Personal Fitness),
 - b. EO CX04.02 (Participate in Activities that Reinforce the Three Components of Physical Fitness),
 - c. EO CX04.03 (Participate in a Cooking Class),
 - d. EO CX04.04 (Attend a Personal Fitness and Healthy Living Presentation),
 - e. EO CX04.05 (Attend a Local Amateur Sporting Event), and
 - f. EO C504.01 (Reflect on Personal Fitness and Healthy Living). This EO is intended for Phase Five / Master Cadet / Proficiency Level Five cadets only.

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EO MX04.01 – PARTICIPATE IN 60 MINUTES OF MODERATE- TO VIGOROUS-INTENSITY PHYSICAL ACTIVITY (MVPA) AND TRACK PARTICIPATION IN PHYSICAL ACTIVITIES

1. **Performance:** Participate in 60 Minutes of Moderate- to Vigorous-Intensity Physical Activity (MVPA) and Track Participation in Physical Activities
2. **Conditions:**
 - a. Given:
 - (1) *Canadian Physical Activity Guidelines for Youth,*
 - (2) *Canadian Sedentary Behaviour Guidelines for Youth,*
 - (3) Physical Activity Tracker,
 - (4) Supervision, and
 - (5) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Any.
3. **Standard:** The cadet shall:
 - a. participate in 60 minutes of MVPA;
 - b. participate in a personal fitness and healthy living activity, to include:
 - (1) Phase One / Green Star / Proficiency Level One: *Canadian Physical Activity Guidelines for Youth* and *Canadian Sedentary Behaviour Guidelines for Youth,*
 - (2) Phase Two / Red Star / Proficiency Level Two: Nutrition,
 - (3) Phase Three / Silver Star / Proficiency Level Three: Stress, and
 - (4) Phase Four / Gold Star / Proficiency Level Four: Healthy Lifestyle Tool Belt; and
 - c. track daily MVPA time for four consecutive weeks to meet the following requirements:
 - (1) Phases One and Two / Green and Red Stars / Proficiency Levels One and Two: Track their participation in MVPA over a period of four consecutive weeks;
 - (2) Phase Three / Silver Star / Proficiency Level Three: Achieve a minimum of 60 minutes of MVPA daily for at least 16 days over four consecutive weeks;
 - (3) Phase Four / Gold Star / Proficiency Level Four: Achieve a minimum of 60 minutes of MVPA daily for at least 20 days over four consecutive weeks; and
 - (4) Phase Five / Master Cadet / Proficiency Level Five: Achieve a minimum of 60 minutes of MVPA daily for at least 24 days over four consecutive weeks.

4. Teaching Points:

TP	Description	Method	Time	Refs
TP1	Have the cadets participate in a series of MVPA that they could do on their own time to help them meet the <i>Canadian Physical Activity Guidelines for Youth</i>, to include: - a minimum of 10 physical activities, - a focus on cardiovascular endurance, and - activities that are easily conducted, with minimal equipment.	Practical Activity	60 min	
TP2	Conduct the following learning stations: - Phase One / Green Star / Proficiency Level One: <i>Canadian Physical Activity Guidelines for Youth</i> and <i>Canadian Sedentary Behaviour Guidelines for Youth</i>, - Phase Two / Red Star / Proficiency Level Two: Nutrition, - Phase Three / Silver Star / Proficiency Level Three: Stress, and - Phase Four / Gold Star / Proficiency Level Four: Healthy Lifestyle Tool Belt.	In-Class Activity	20 min	7a
TP3	Distribute the Physical Activity Tracker and explain / review the requirements, to include: - Phases One and Two / Green and Red Stars / Proficiency Levels One and Two: Track their participation in MVPA over a period of four consecutive weeks; - Phase Three / Silver Star / Proficiency Level Three: Achieve a minimum of 60 minutes of MVPA daily for at least 16 days over four consecutive weeks; - Phase Four / Gold Star / Proficiency Level Four: Achieve a minimum of 60 minutes of MVPA daily for at least 20 days over four consecutive weeks; and - Phase Five / Master Cadet / Proficiency Level Five: Achieve a minimum of 60 minutes of MVPA daily for at least 24 days over four consecutive weeks	Interactive Lecture	5 min	7a 7c

TP	Description	Method	Time	Refs
TP4	Conduct an activity where cadets identify strategies to improve participation in physical activities, such as: - identifying enjoyable activities; - finding an activity partner; - setting goals; - tracking progress; - joining a community or school recreational program; - trying a new physical activity; - building physical activity into daily routine; and - planning for physical activity	In-Class Activity	5 min	7b

5. **Time:** One session (3 periods) = 90 min.

6. **Substantiation:**

- A practical activity was chosen for TP 1 as it is a fun and interactive way to stimulate interest in physical activities.
- An in-class activity was chosen for TPs 2 and 4 as it is a fun and interactive way to stimulate interest in personal fitness and healthy living and in ways to improve participation in physical activity.
- An interactive lecture was chosen for TP 3 to orient the cadets to the Physical Activity Tracker requirements.

7. **References:**

- Canadian Society for Exercise Physiology. (2013). *Guidelines*. Retrieved from: <http://www.csep.ca>
- Health Canada. (2013). *Physical Activity*. Retrieved from: <http://www.hc-sc.gc.ca/hl-vs/physactiv/index-eng.php>
- ParticipACTION. (2011). *Get moving*. Retrieved November 28, 2011 from www.participaction.com/en-us/Get-Moving/Easy-Ways-To-Start.aspx

8. **Training Aids:**

- As per physical activities selected,
- Learning stations material,
- Canadian Physical Activity Guidelines for Youth*,
- Canadian Sedentary Behaviour Guidelines for Youth, and
- Physical Activity Tracker.

9. **Learning Aids:**

- Canadian Physical Activity Guidelines for Youth*,
- Canadian Sedentary Behaviour Guidelines for Youth, and

- c. Physical Activity Tracker.

10. **Test Details:** Nil.

11. **Remarks:**

- a. Over the next four weeks, check in with the cadets regularly, reminding them to track their participation in physical activities and assisting them with any difficulties they encounter.
- b. Colour copies of the *Canadian Physical Activity Guidelines* and the *Canadian Sedentary Behaviour Guidelines* can be accessed and printed at www.csep.ca/guidelines.

EO MX04.02 – IDENTIFY STRATEGIES TO IMPROVE PARTICIPATION IN PHYSICAL ACTIVITIES AND PARTICIPATE IN THE CADET FITNESS ASSESSMENT (CFA)

1. **Performance:** Identify Strategies to Improve Participation in Physical Activities and Participate in the Cadet Fitness Assessment (CFA)
2. **Conditions:**
 - a. Given:
 - (1) Completed Physical Activity Tracker,
 - (2) *Canadian Physical Activity Guidelines for Youth*,
 - (3) Canadian Sedentary Behaviour Guidelines for Youth,
 - (4) Individual Score Sheet for the 20-m Shuttle Run Test,
 - (5) Cadet Fitness Assessment and Incentive Level Results,
 - (6) Supervision, and
 - (7) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Training area large enough to accommodate the entire group and suitable for conducting the CFA.
3. **Standard:** The cadet shall:
 - a. use the Physical Activity Tracker to compare participation in moderate- to vigorous-intensity physical activities (MVPA) to the *Canadian Physical Activity Guidelines for Youth* and *Canadian Sedentary Behaviour Guidelines for Youth*;
 - b. identify barriers to physical activity;
 - c. identify strategies and set a SMART goal to improve participation in physical activities; and
 - d. participate in the CFA IAW CATO 14-18, *Cadet Fitness Assessment and Incentive Program*.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Conduct an activity where cadets compare their participation in physical activities to the <i>Canadian Physical Activity Guidelines for Youth</i> and the <i>Canadian Sedentary Behaviour Guidelines for Youth</i> .	In-Class Activity	15 min	7a
TP2	Conduct an activity where the cadets set a SMART goal to improve their participation in physical activity.	Practical Activity	15 min	
TP3	Supervise while the cadets participate in the Cadet Fitness Assessment.	Practical Activity	60 min	7b, 7c, 7d.

5. **Time:** One session (3 periods) = 90 min.

6. **Substantiation:**

- a. An in-class activity was chosen for TP 1 as it is a fun and interactive way for cadets to compare their physical activity to the *Canadian Physical Activity Guidelines for Youth* and the *Canadian Sedentary Behaviour Guidelines for Youth*.
- b. A practical activity was chosen for TPs 2 and 3 as it is a fun and interactive way to build on the cadets' knowledge of personal fitness and healthy living.

7. **References:**

- a. Canadian Society for Exercise Physiology. (2013). *Guidelines*. Retrieved from: <http://www.csep.ca>
- b. CATO 14-18 Director Cadets 3. (2010). *Cadet fitness assessment and incentive program*. Ottawa, ON: Department of National Defence.
- c. Meredith, M., & Welk, G. (Eds.). (2005). *Fitnessgram / activitygram: Test administration manual (3rd ed.)*. Windsor, ON: Human Kinetics.
- d. The Cooper Institute. (n.d.). *Fitnessgram / activitygram test administration kit: Fitnessgram 8.0 stand-alone test kit*. Windsor, ON: Human Kinetics.

8. **Training Aids:**

- a. CATO 14-18, *Cadet Fitness Assessment and Incentive Program*,
- b. Leger 20-m Shuttle Run Test CD,
- c. Measuring tape,
- d. CD player,
- e. Pylons,
- f. Gym mats,
- g. 12-cm measuring strip,
- h. Stopwatches,
- i. Paper,
- j. Metre sticks,
- k. Back-saver sit and reach test apparatuses,
- l. *Individual Score Sheet for the 20-m Shuttle Run Test*,
- m. Cadet Fitness Assessment and Incentive Level Results, and
- n. Smart Goals Guide handout.

9. **Learning Aids:**

- a. Completed Physical Activity Tracker,
- b. *Canadian Physical Activity Guidelines for Youth*,
- c. Canadian Sedentary Behaviour Guidelines for Youth,
- d. Individual Score Sheet for the 20-m Shuttle Run Test,

- e. Cadet Fitness Assessment and Incentive Level Results, and
- f. Smart Goals Guide handout.

10. **Test Details:** Nil.

11. **Remarks:**

- a. The purpose of the CFA is to have cadets measure their personal fitness to help them set individual goals for improvement. Each of the three components of fitness (cardiovascular, muscular strength, and muscular flexibility) is measured, and cadets are assessed using criterion-referenced standards as to whether they are in the healthy fitness zone (HFZ) within each of these components.
- b. The HFZ is the level of fitness needed for good health. Cadets who do not fall within the HFZ for certain components should be coached and encouraged to set goals that will help them improve towards achieving the HFZ in the future.
- c. The CFA shall be set up prior to conducting this lesson.
- d. CFA results will be required during lesson MX04.03 (Participate in the Cadet Fitness Assessment and Identify Strategies for Improving Personal Physical Fitness).
- e. Assistant instructors will be required for this lesson.
- f. Retain cadets' CFA results for use in EO MX04.03 (Participate in the Cadet Fitness Assessment and Identify Strategies for Improving Personal Fitness).

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EO MX04.03 – PARTICIPATE IN THE CADET FITNESS ASSESSMENT (CFA) AND IDENTIFY STRATEGIES FOR IMPROVING PERSONAL PHYSICAL FITNESS

1. **Performance:** Participate in the Cadet Fitness Assessment (CFA) and Identify Strategies for Improving Personal Physical Fitness
2. **Conditions:**
 - a. Given:
 - (1) *Individual Score Sheet for the 20-m Shuttle Run Test*,
 - (2) Cadet Fitness Assessment and Incentive Level Results,
 - (3) Supervision, and
 - (4) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Training area large enough to accommodate the entire group and suitable for conducting the CFA.
3. **Standard:** The cadet shall:
 - a. participate in the CFA IAW CATO 14-18, *Cadet Fitness Assessment and Incentive Program*;
 - b. identify areas for improvement; and
 - c. identify strategies to improve personal physical fitness.

4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Supervise while the cadets participate in the CFA.	Practical Activity	60 min	7a, 7b, 7c
TP2	Conduct an activity where the cadets identify how to improve their personal physical fitness.	Practical Activity	30 min	

5. **Time:** One session (3 periods) = 90 min
6. **Substantiation:** A practical activity was chosen for this lesson as it allows the cadets to participate in the CFA in a safe and controlled environment.
7. **References:**
 - a. CATO 14-18 Director Cadets 3. (2010). *Cadet fitness assessment and incentive program*. Ottawa, ON: Department of National Defence.
 - b. Meredith, M., & Welk, G. (Eds.). (2005). *Fitnessgram / activitygram: Test administration manual* (3rd ed.). Windsor, ON: Human Kinetics.
 - c. The Cooper Institute. (n.d.). *Fitnessgram / activitygram test administration kit: Fitnessgram 8.0 stand-alone test kit*. Windsor, ON: Human Kinetics.
8. **Training Aids:**
 - a. CATO 14-18, *Cadet Fitness Assessment and Incentive Program*,

- b. Leger 20-m Shuttle Run Test CD,
- c. Measuring tape,
- d. CD player,
- e. Pylons,
- f. Gym mats,
- g. 12-cm measuring strip,
- h. Stopwatches,
- i. Paper,
- j. Metre sticks,
- k. Back-saver sit and reach test apparatuses,
- l. Individual Score Sheet for the 20-m Shuttle Run Test,
- m. Individual Score Sheet for the 1600-m Run Test,
- n. Cadet Fitness Assessment and Incentive Level Results, and
- o. Strategies to Improve My Personal Physical Fitness handout.

9. **Learning Aids:**

- a. Gym mats,
- b. 12-cm measuring strip,
- c. Stopwatches,
- d. Paper,
- e. Metre sticks,
- f. Back-saver sit and reach test apparatuses,
- g. Individual Score Sheet for the 20-m Shuttle Run Test,
- h. Individual Score Sheet for the 1600-m Run Test,
- i. Cadet Fitness Assessment and Incentive Level Results, and
- j. Strategies to Improve My Personal Physical Fitness handout.

10. **Test Details:** Nil.

11. **Remarks:**

- a. The purpose of the CFA is to have cadets measure their personal fitness to help them set individual goals for improvement. Each of the three components of fitness (cardiovascular, muscular strength, and muscular flexibility) is measured, and cadets are assessed using criterion-referenced standards as to whether they are in the healthy fitness zone (HFZ) within each of these components.
- b. The HFZ is the level of fitness needed for good health. Cadets who do not fall within the HFZ for certain components should be coached and encouraged to set goals that will help them improve towards achieving the HFZ in the future.

- c. The CFA shall be set up prior to conducting this EO.
- d. Assistant instructors will be required for this lesson.

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EO CX04.01 – PARTICIPATE IN THE CADET FITNESS ASSESSMENT (CFA) AND IDENTIFY STRATEGIES FOR IMPROVING PERSONAL PHYSICAL FITNESS

1. **Performance:** Participate in the Cadet Fitness Assessment (CFA) and Identify Strategies for Improving Personal Physical Fitness

An additional session (3 periods) of EO MX04.03 (Participate in the Cadet Fitness Assessment and Identify Strategies for Improving Personal Fitness) may be scheduled as complementary training.

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EO CX04.02 – PARTICIPATE IN ACTIVITIES THAT REINFORCE THE THREE COMPONENTS OF PHYSICAL FITNESS

1. **Performance:** Participate in Activities that Reinforce the Three Components of Physical Fitness
2. **Conditions:**
 - a. Given:
 - (1) Activity equipment,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Any.
3. **Standard:** The cadet shall participate in activities that reinforce the three components of fitness, to include:
 - a. cardiovascular activities,
 - b. muscular strength activities, and
 - c. muscular flexibility activities.
4. **Teaching Points:**
 - a. Have the cadets participate in a warm-up session, composed of light cardiovascular exercises and stretches.
 - b. Have the cadets participate in fun physical activities that reinforce the three components of fitness, to include:
 - (1) cardiovascular endurance,
 - (2) muscular strength, and
 - (3) muscular flexibility.
 - c. Have the cadets participate in a cool-down.
5. **Time:** One session (3 periods) = 90 min.
6. **Substantiation:** A practical activity was chosen for this lesson as it is a fun and interactive way to stimulate interest in the three components of physical fitness.
7. **Reference:** Panicucci, J. (2008). *Achieving Fitness: An Adventure Activity Guide*. Beverly, MA: Project Adventure, Inc.
8. **Training Aids:** As per activities selected.
9. **Learning Aids:** As per activities selected.
10. **Test Details:** Nil.
11. **Remarks:** Nil.

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EO CX04.03 – PARTICIPATE IN A COOKING CLASS

1. **Performance:** Participate in a Cooking Class
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Kitchen or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall participate in a cooking class.
4. **Teaching Points:**
 - a. Organize the cadets' participation in a cooking class.
 - b. Supervise as the cadets participate in a cooking class.
 - c. After the class, have the cadets reflect individually on the following questions:
 - (1) What are the three most interesting or surprising things you have learned?
 - (2) What skill or knowledge acquired today will help you achieve a healthier lifestyle? How so?
 - d. Have the cadets discuss these highlights with a partner or in small groups. If time permits, invite cadets to share highlights with the larger group.
5. **Time:** One session (3 periods) = 90 min.
6. **Substantiation:** A practical activity was chosen for this lesson as it is a fun and interactive way to build on the cadets' knowledge of personal fitness and healthy living.
7. **References:** Nil.
8. **Training Aids:** Nil.
9. **Learning Aids:** Nil.
10. **Test Details:** Nil.
11. **Remarks:** There is no instructional guide for this EO.

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EO CX04.04 – ATTEND A PERSONAL FITNESS AND HEALTHY LIVING PRESENTATION

1. **Performance:** Attend a Personal Fitness and Healthy Living Presentation
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall attend a personal fitness and healthy living presentation.
4. **Teaching Points:**
 - a. Provide the guest speaker information about their audience (the cadets), including any particular interests that may be applicable. Ask the guest speaker to leave time for questions and answers. It may be helpful to have the cadets generate a list of what they would like to know or questions for the guest speaker in advance.
 - b. Have the guest speaker provide any information they may wish to have included in their introduction.
 - c. Collaborate with the guest speaker to provide them with any materials they may require (eg, projector, television, DVD player, microphone) and set up the room to suit their needs.
 - d. Acquire a bottle of water and have the cadets prepare a thank-you card for the guest speaker.
 - e. Arrange for a cadet(s) to introduce the guest speaker and for a cadet(s) to thank and present the card to the guest speaker.
 - f. Have a cadet(s) welcome the guest speaker upon arrival, provide them with the bottle of water and assist them with any final preparation details, such as set-up of visual aids and orientation to the presentation room.
 - g. Have a cadet(s) introduce the guest speaker.
 - h. Have the cadets participate in the presentation, to include:
 - (1) listening to the guest speaker's story, and
 - (2) a question-and-answer period.
 - i. Have a cadet(s) thank the guest speaker on behalf of all cadets and present the thank-you card.
 - j. After the guest speaker departs, have the cadets reflect on what they have learned. Potential activities include:
 - (1) Highlights. Have the cadets individually list the three most interesting or surprising things they have learned from the presentation. Have the cadets discuss these highlights with a partner or in small groups. If time permits, invite cadets to share highlights with the larger group.
 - (2) Journal. Have the cadets write a journal entry about the presentation.
 - (3) Visual representation. Have the cadets create a visual representation of their experience.

5. **Time:** One session (3 periods) = 90 min.
6. **Substantiation:** An interactive lecture was chosen for this lesson as it is a fun and interactive way to build on the cadets' knowledge of personal fitness and healthy living.
7. **References:** Nil.
8. **Training Aids:**
 - a. Bottle of water, and
 - b. Any materials required by the guest speaker.
9. **Learning Aids:** Thank-you card materials.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. Examples of guest speakers include:
 - (1) personal trainer,
 - (2) professional athlete,
 - (3) nutritionist, and
 - (4) coach.
 - b. There is no instructional guide for this EO.

EO CX04.05 – ATTEND A LOCAL AMATEUR SPORTING EVENT

1. **Performance:** Attend a Local Amateur Sporting Event
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Sports field, gymnasium or area large enough to accommodate the entire group.
3. **Standard:** The cadet shall attend a local amateur sporting event.
4. **Teaching Points:**
 - a. Select a local amateur sporting event. The event selected should reflect an activity that is available for cadets to start practicing, should they decide to do so, even if they have no prior experience.
 - b. Make arrangements to have the cadets view the event.
 - c. Have the cadets attend the sporting event.
5. **Time:** One session (3 periods) = 90 min.
6. **Substantiation:** A field trip was chosen for this lesson as it is a fun and interactive way to build on the cadets' knowledge of personal fitness and healthy living.
7. **References:** Nil.
8. **Training Aids:** Nil.
9. **Learning Aids:** Nil.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. The aim of this EO is to expose cadets to various sporting events or activities conducted in their local communities, and in which they may choose to participate.
 - b. Examples of sporting events include:
 - (1) martial arts competition,
 - (2) roller derby,
 - (3) dance competitions,
 - (4) equestrian event, and
 - (5) sports tournament.
 - c. There is no instructional guide for this EO.

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SECTION 7**PO X05 – PARTICIPATE IN PHYSICAL ACTIVITIES**

1. **Performance:** Participate in Physical Activities
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Sports field, gymnasium or training area large enough to accommodate the entire group.
3. **Standard:** The cadet will participate in physical activities, such as:
 - a. cardiovascular activities, such as:
 - (1) aerobics,
 - (2) cross-country skiing,
 - (3) hiking,
 - (4) ice skating,
 - (5) instructor-led dancing,
 - (6) orienteering,
 - (7) rollerblading,
 - (8) running,
 - (9) skipping rope,
 - (10) snowshoeing, and
 - (11) swimming;
 - b. muscular strength activities, such as:
 - (1) balance ball exercises,
 - (2) Pilates,
 - (3) resistance exercises using bands,
 - (4) resistance exercises using the body,
 - (5) weighted ball exercises, and
 - (6) weighted bar exercises;
 - c. muscular flexibility activities, such as:
 - (1) stretching,

- (2) tai chi, and
- (3) yoga;
- d. recreational team sports, such as:
 - (1) baseball,
 - (2) basketball,
 - (3) floor hockey,
 - (4) football (flag or touch),
 - (5) lacrosse,
 - (6) ringette,
 - (7) soccer,
 - (8) soccer baseball,
 - (9) ultimate Frisbee, and
 - (10) volleyball; and
- e. other physical activities, such as:
 - (1) active games, such as:
 - (a) active video games,
 - (b) battleship, and
 - (c) tag;
 - (2) circuit training,
 - (3) martial arts, and
 - (4) tabloids.

4. Remarks:

- a. The aim of this PO is for cadets to have fun participating in physical activities. Choose activities the cadets will enjoy. Survey cadets to determine those physical activities in which they are interested.
- b. Several physical activities may be conducted concurrently. Choice is an important factor when it comes to enjoying physical activity. The more varying types of physical activities cadets are exposed to, the more likely they are to find an activity they will be interested in pursuing on a regular basis.
- c. Choose activities based on human and material resources accessible to the corps.
- d. Fitness videos (conducted by a certified trainer), certified trainers and Canadian Forces Personnel Support Programs (PSP) staff may be used to conduct this training.
- e. Activities chosen for this training are not limited to the list presented above but must be age appropriate, safe, and in-line with the aim of promoting physical fitness.

5. **Complementary Material:** Complementary material associated with this PO is designed to enhance the cadet's knowledge of personal fitness and healthy living through a number of activities:
 - a. EO CX05.01 (Participate in Physical Activities), and
 - b. EO CX05.02 (Participate in a Tournament).

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EO MX05.01 – PARTICIPATE IN PHYSICAL ACTIVITIES

1. **Performance:** Participate in Physical Activities
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Sports field, gymnasium or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall:
 - a. attend a briefing on the selected physical activity;
 - b. participate in a warm-up session;
 - c. participate in the selected physical activity; and
 - d. participate in a cool-down session.
4. **Teaching Points:**
 - a. Introduce the cadets to the selected physical activity, to include:
 - (1) which component(s) of fitness are improved through participation in the selected physical activity, and
 - (2) techniques for participating in the selected physical activity.
 - b. Have the cadets participate in a safety briefing, to include:
 - (1) rules / regulations of the selected physical activity,
 - (2) requirement for safety equipment for the selected physical activity,
 - (3) location of first aid post, and
 - (4) boundaries or route information.
 - c. Have the cadets participate in a warm-up session, composed of light cardiovascular activities and stretches.
 - d. Have the cadets participate in the selected physical activity.
 - e. Have the cadets participate in a cool-down session.
5. **Time:**
 - a. Introduction / Conclusion: 5 min
 - b. Practical Activity: 25 min
 - c. Subtotal: 30 min
 - d. Total (9 periods): 270 min

6. **Substantiation:** A practical activity was chosen for this lesson as it allows the cadets to participate in physical activities in a safe and controlled environment.

7. **References:**

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- b. Alberta Centre for Active Living. (2007). *What should parents know about strength training for youth ages 12 to 17?* Retrieved October 4, 2011 from <http://www.centre4activeliving.ca/our-work/faq/strength-train.pdf>
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- f. Body Bar. (2010). *Programs & education*. Retrieved October 5, 2011, from <http://www.bodybar.com/Programs-Education>
- g. Canadian Orienteering Federation (1983). A-CR-CCP-151/PT-001 *Orienteering Level 1 Coaching Certification*. National Coaching Certification Program, Canadian Orienteering Federation.
- h. Canadian Orienteering Federation (1985). *Orienteering Level Two Coaching Certification*.
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- j. Corbin, C., & Lindsey, R. (2007). *Fitness for life: Updated fifth edition*. ISBN 978-0-7360-6675-4. Windsor, ON: Human Kinetics
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- o. Hanlon, T. (1998). *The sports rules book: Essential rules for 54 sports*. ISBN 0-88011-807-5. USA: Human Kinetics Publishers, Inc.
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- q. Kjellstrom, B. (1994). *Be Expert With Map & Compass: The Complete Orienteering Handbook*. ISBN 0-02-029265-1. New York: Hungry Minds, Inc.
- r. LeBlanc, J., & Dickson, L. (1997). *Straight talk about children and sport: Advice for parents, coaches, and teachers*. ISBN 0-88962-630-8. Oakville, ON: Mosaic Press.

- s. Livestrong.com. (2011). *Beginner's Pilates exercises*. Retrieved October 4, 2011, from <http://www.livestrong.com/article/452265-beginner-pilates-exercises/>
- t. Lose the Back Pain (2006). Retrieved April 25, 2006, from www.losethebackpain.com
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8. **Training Aids:**

- a. Presentation aids (eg, whiteboard / flip chart / OHP) appropriate for the classroom / training area,
- b. Equipment for the selected physical activity, and
- c. First aid kit.

9. **Learning Aids:** Equipment for the selected physical activity.

10. **Test Details:** Nil.

11. **Remarks:**

- a. Cardiovascular activities selected for this lesson may include, but are not limited to:

- (1) aerobics,
 - (2) cross-country skiing,
 - (3) hiking,
 - (4) ice skating,
 - (5) instructor-led dancing,
 - (6) orienteering,
 - (7) rollerblading,
 - (8) running,
 - (9) skipping rope,
 - (10) snowshoeing, and
 - (11) swimming.
- b. Muscular strength activities selected for this lesson may include, but are not limited to:
- (1) balance ball exercises,
 - (2) Pilates,
 - (3) resistance exercises using bands,
 - (4) resistance exercises using the body,
 - (5) weighted ball exercises, and
 - (6) weighted bar exercises.
- c. Muscular flexibility activities selected for this lesson may include, but are not limited to:
- (1) stretching,
 - (2) tai chi, and
 - (3) yoga.
- d. Recreational team sports selected for this lesson may include, but are not limited to:
- (1) baseball,
 - (2) basketball,
 - (3) floor hockey,
 - (4) football (flag or touch),
 - (5) lacrosse,
 - (6) ringette,
 - (7) soccer,
 - (8) soccer baseball,
 - (9) softball,

- (10) ultimate Frisbee, and
- (11) volleyball.
- e. Other physical activities selected for this lesson may include, but are not limited to:
 - (1) active games, such as:
 - (a) active video games,
 - (b) battleship, and
 - (c) tag;
 - (2) circuit training,
 - (3) martial arts, and
 - (4) tabloids.
- f. The aim of this lesson is for cadets to have fun participating in physical activities. Choose activities the cadets will enjoy. Survey cadets to determine those physical activities in which they are interested.
- g. Several physical activities may be conducted concurrently. Choice is an important factor when it comes to enjoying physical activity. The more varying types of physical activities cadets are exposed to, the more likely they are to find an activity they will be interested in pursuing on a regular basis.
- h. Choose activities based on human and material resources accessible to the corps / squadron.
- i. Fitness videos (conducted by a certified trainer), certified trainers and Canadian Forces Personnel Support Programs (PSP) staff may be used to conduct this training.
- j. Activities chosen for this training are not limited to the lists presented above but must be age appropriate, safe, and in-line with the aim of promoting physical fitness.
- k. Physical activity periods may be conducted consecutively to provide the cadets an opportunity to participate in longer, varied physical activities.

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EO CX05.01 – PARTICIPATE IN PHYSICAL ACTIVITIES

1. Performance: Participate in Physical Activities

An additional three sessions (9 periods) of EO MX05.01 (Participate in Physical Activities) may be scheduled as complementary training.

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EO CX05.02 – PARTICIPATE IN A TOURNAMENT

1. **Performance:** Participate in a Tournament
2. **Conditions:**
 - a. Given:
 - (1) Sports equipment,
 - (2) Safety equipment,
 - (3) Supervision, and
 - (4) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Sports field, gymnasium or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall:
 - a. attend a briefing on the rules of the tournament;
 - b. participate in a warm-up;
 - c. participate in a tournament; and
 - d. participate in a cool-down.
4. **Teaching Points:**
 - a. Have the cadets participate in an introductory briefing, to include:
 - (1) an overview of the sport(s) that will be played during the tournament,
 - (2) type of tournament,
 - (3) rules of the tournament,
 - (4) organization of the draw, and
 - (5) location of first aid post.
 - b. Have the cadets participate in a warm-up session, composed of light cardiovascular exercises and stretches.
 - c. Have the cadets participate in a tournament.
 - d. Have the cadets participate in a cool-down session.
5. **Time:**

a. Introduction / Conclusion:	5 min
b. Practical Activity:	25 min
c. Subtotal:	30 min
d. Total (9 periods):	270 min

6. **Substantiation:** A practical activity was chosen for this lesson as it allows the cadets to participate in a tournament in a safe and controlled environment.
7. **References:**
 - a. Directorate of Physical Education, Recreation and Amenities. (1989). A-PD-050-015/PT-002. *Physical fitness training in the Canadian Forces* (Vol. 2). Ottawa, ON: Department of National Defence
 - b. San Diego County Office of Education. *After school physical activity: Types of tournaments*. Retrieved October 3, 2008, from <http://www.afterschoolpa.com/print/typesoftournaments.html>TBD
8. **Training Aids:**
 - a. Sports / safety equipment for the selected sport,
 - b. First aid kit,
 - c. Whistles, and
 - d. Stopwatch.
9. **Learning Aids:** Sports / safety equipment for the selected sport.
10. **Test Details:** Nil.
11. **Remarks:** Examples of sports that may be selected for this lesson include:
 - a. baseball,
 - b. basketball,
 - c. floor hockey,
 - d. football (flag or touch),
 - e. lacrosse,
 - f. ringette,
 - g. soccer,
 - h. soccer baseball,
 - i. ultimate Frisbee, and
 - j. volleyball.

SECTION 8

PO 106 – FIRE THE CADET AIR RIFLE

1. **Performance:** Fire the Cadet Air Rifle
2. **Conditions:**
 - a. Given:
 - (1) Cadet air rifle,
 - (2) Air rifle pellets,
 - (3) Target frame,
 - (4) Target,
 - (5) Marksmanship mat,
 - (6) Safety glasses / goggles,
 - (7) Supervision, and
 - (8) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Air rifle range constructed IAW Chapter 1, Section 8 of A-CR-CCP-177/PT-001, *Canadian Cadet Movement: Cadet Marksmanship Program Reference Manual*.
3. **Standard:** IAW A-CR-CCP-177/PT-001, the cadet, with the cadet air rifle, will:
 - a. carry out safety precautions;
 - b. perform a handling test; and
 - c. fire twenty-five pellets by:
 - (1) following the rules of and commands given on a range; and
 - (2) applying basic marksmanship techniques.
4. **Remarks:**
 - a. Cadets shall successfully complete the Cadet Air Rifle Handling Test (Chapter 3, annex C) prior to firing pellets or cleaning pellets on a cadet air rifle range.
 - b. All range practices must be conducted by a Range Safety Officer (Air Rifle) (RSO-AR).
5. **Complementary Material:**
 - a. Complementary material associated with PO 106 is designed to enhance the cadet's air rifle marksmanship experience, to include:
 - (1) EO C106.01 (Participate in a Recreational Marksmanship Activity), and
 - (2) EO C106.02 (Clean and Store the Cadet Air Rifle).

- b. Complementary training associated with PO 106 is a total of 4 periods and may be conducted during a session or on a supported day.
- c. EO C106.01 (Participate in a Recreational Marksmanship Activity) may only be conducted following completion of all mandatory EOs associated with PO 106 (Fire the Cadet Air Rifle).

EO M106.01 – IDENTIFY THE PARTS AND CHARACTERISTICS OF THE DAISY 853C AIR RIFLE.

1. **Performance:** Identify the Parts and Characteristics of the Daisy 853C Air Rifle.
2. **Conditions:**
 - a. Given:
 - (1) Daisy 853C air rifle,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Suitable classroom facility and/or air rifle range constructed IAW A-CR-CCP-177/PT-001, Chapter 1, sect 8.
3. **Standard:** The cadet shall identify the parts and list the characteristics of the Daisy 853C air rifle.
4. **Teaching Points:**

TP	Description	Method	Time	Ref
TP1	Identify the parts of the Daisy 853C air rifle, to include: a. butt plate; b. spacers; c. small of the butt; d. stock; e. fore end; f. sling bracket; g. trigger; h. trigger guard; i. safety catch; j. bolt; k. pump handle; l. front sight; m. rear sight; n. muzzle; o. barrel with barrel weight; p. bore; q. feed track; r. chamber; s. sling; t. single shot adapter; and u. five-shot clip.	Interactive Lecture	13 min	A0-027 (p. 2-5, Diagram)

TP	Description	Method	Time	Ref
TP2	Identify the characteristics of the Daisy 853C air rifle, to include: a. action; b. length; c. weight; d. calibre; e. front sight; f. rear sight; g. muzzle velocity; h. loading; i. stock; and j. safety.	Interactive Lecture	12 min	A0-027 (p. 2-5)

5. **Time:**

- a. Introduction/Conclusion: 5 min
- b. Interactive Lecture: 25 min
- c. Total: 30 min

6. **Substantiation:** An interactive lecture was chosen for this lesson to orient the cadets to the parts and characteristics of the Daisy 853C Air rifle and generate interest.

7. **References:** A0-027 A-CR-CCP-177/PT-001 D Cdts 3. (2001). *Canadian Cadet Movement: Cadet Marksmanship Programme Reference Manual*. Ottawa, ON: Department of National Defence.

8. **Training Aids:**

- a. Daisy 853C air rifle; and
- b. Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area.

9. **Learning Aids:** Daisy 853C air rifle.

10. **Test Details:** Nil.

11. **Remarks:** Instructors are encouraged to familiarize themselves with the video A-CR-CCP-177/PV-002, *Air Rifle Marksmanship*, and view the section on Description of the Rifle.

EO M106.02 – CARRY OUT SAFETY PRECAUTIONS ON THE CADET AIR RIFLE

1. **Performance:** Carry Out Safety Precautions on the Cadet Air Rifle
2. **Conditions:**
 - a. Given:
 - (1) Cadet air rifle,
 - (2) Air rifle case,
 - (3) Air rifle Safety rod,
 - (4) Supervision, and
 - (5) Assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Air rifle range constructed IAW A-CR-CCP-177/PT-001, Chapter 1, sect 8.
3. **Standard:** In accordance with A-CR-CCP-177/PT-001, the cadet shall:
 - a. carry out individual safety precautions on the cadet air rifle by:
 - (1) ensuring the bolt is fully to the rear;
 - (2) ensuring the safety catch is on;
 - (3) ensuring the pump handle is partially open; and
 - (4) ensuring the safety rod is inserted in the barrel; and
 - b. observe safety regulations, to include:
 - (1) treating the rifle as if it is loaded;
 - (2) not pointing the rifle at anyone;
 - (3) keeping the rifle pointed down range at all times;
 - (4) holding the rifle vertically when moving to and from the firing point;
 - (5) keeping fingers off the trigger until ready to fire;
 - (6) wearing safety glasses/goggles; and
 - (7) washing hands after every practice (to avoid ingestion of lead).

4. Teaching Points:

TP	Description	Method	Time	Ref
TP1	Explain and demonstrate safe rifle status for the cadet air rifle, to include: a. removing a rifle from its case; b. ensuring safety measures are in place by engaging the safety catch (pushing it towards the right so no red is seen); c. ensuring the safety rod is inserted into the barrel; and d. ensuring safe rifle status when: (1) the rifle is in the case, by: (a) engaging the safety catch; (b) ensuring the bolt is forward; (c) ensuring the action is not cocked; and (d) leaving pump handle partially open (5 to 8 cm); (2) on the firing line, by: (a) engaging the safety catch; (b) ensuring the bolt is to the rear; and (c) leaving the pump handle partially open; and (3) not on the firing line, by: (a) engaging the safety catch; (b) ensuring the bolt is to the rear; (c) placing the safety rod in the barrel (visible in the feed track); and (d) leaving the pump handle partially open.	Demonstration and Performance	10 min	A0-027 (pp. 1-3-1 and 1-3-2, para 3.1 to 3.1.4)
TP2	Explain, demonstrate, and have the cadets carry out individual safety precautions for the cadet air rifle by: a. ensuring the bolt is open fully to the rear; b. ensuring the safety catch is in the ON position; c. ensuring the pump handle partially open; and d. placing safety rod in the barrel. Note: Cadets will be required to perform this skill during their air rifle handling test.	Demonstration and Performance	10 min	A0-027 (p. 1-3-3, para 3.1.5)

TP	Description	Method	Time	Ref
TP3	Explain and demonstrate (where applicable) safety regulations for the cadet air rifle, to include: a. treating the air rifle as if it is loaded; b. never pointing the air rifle at anyone; c. holding the rifle vertically when moving to and from the firing point; d. leaving fingers off the trigger until ready to fire; e. wearing safety glasses/goggles; and f. employing hygiene on the range by washing hands after every practice.	Interactive Lecture	5 min	A0-027 (pp. 1-3-3 and 1-3-4, para 3.2, and para 3.4)

5. **Time:**

- | | | |
|----|----------------------------|--------|
| a. | Introduction/Conclusion: | 5 min |
| b. | Demonstration/Performance: | 20 min |
| c. | Interactive Lecture: | 5 min |
| d. | Total: | 30 min |

6. **Substantiation:**

- a. A demonstration and performance was chosen for TPs 1 and 2 as it allows the instructor to explain and demonstrate safety precautions on the cadet air rifle, while providing an opportunity for the cadets to practice under supervision.
- b. An interactive lecture was chosen for TP 3 to orient the cadets to the safety regulations of the Daisy 853C Air rifle and generate interest.

7. **References:** A0-027 A-CR-CCP-177/PT-001 D Cdts 3. (2001). *Canadian Cadet Movement: Cadet Marksmanship Programme Reference Manual*. Ottawa, ON: Department of National Defence.

8. **Training Aids:**

- a. Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area,
- b. Cadet air rifle,
- c. Safety glasses / goggles,
- d. Air rifle case, and
- e. Air rifle safety rod.

9. **Learning Aids:**

- a. Cadet air rifle,
- b. Safety glasses / goggles, and
- c. Air rifle safety rod.

10. **Test Details:** Assessment of this EO will occur during EO M106.05 (Participate in Marksmanship Familiarization Using the Cadet Air Rifle), where cadets are required to successfully complete the Cadet Air Rifle Handling Test prior to firing.
11. **Remarks:**
 - a. The instructor must ensure that the sequencing for the demonstration is done correctly since the cadet must mirror their actions.
 - b. The optimal ratio of air rifles to cadets is 1:2.
 - c. Instructors are encouraged to familiarize themselves with the video A-CR-CCP-177/PV-002, *Air Rifle Marksmanship*.

EO M106.03 – APPLY BASIC MARKSMANSHIP TECHNIQUES

1. **Performance:** Apply Basic Marksmanship Techniques
2. **Conditions:**
 - a. Given:
 - (1) Cadet air rifle,
 - (2) Marksmanship mat,
 - (3) Safety glasses / goggles,
 - (4) Supervision, and
 - (5) Assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Air rifle range constructed IAW A-CR-CCP-177/PT-001, Chapter 1, sect 8.
3. **Standard:** In accordance with A-CR-CCP-177/PT-001, the cadet shall apply basic marksmanship techniques, to include:
 - a. adopting the prone position;
 - b. basic holding;
 - c. basic aiming;
 - d. loading;
 - e. firing; and
 - f. unloading.
4. **Teaching Points:**

TP	Description	Method	Time	Ref
TP1	Explain, demonstrate, and have the cadets adopt the prone position, as follows: a. position is natural, without strain, comfortable, and stable; b. body should form an angle with the line of sight; c. spine should remain straight; d. left leg should be parallel with the spine; e. right foot should turn out and point to the right; f. left foot should either be straight or point towards the right; and g. right knee should form an angle with the left leg.	Demonstration and Performance	5 min	A0-027 (p. 2-7)

TP	Description	Method	Time	Ref
TP2	Explain, demonstrate, and have the cadets hold the cadet air rifle, in that the: a. left elbow should be positioned slightly to the left of the rifle; b. left hand must rest firmly against the sling swivel, and the fingers should be relaxed and not grip the fore end; c. right hand should slightly grip the small of the butt with constant pressure; d. right thumb should be placed on the stock directly behind the rear sight or around the small of the butt; e. right elbow should rest naturally where it falls, a comfortable distance from the rifle; f. the shoulders should be straight and form right angles with the spine; g. the butt plate is kept firmly in the hollow of the shoulder; and h. the head rests comfortably on the stock and remains straight. Note: When the face is placed on the butt, the cadets should be looking directly through the sights. If this is not the case, their position should be modified.	Demonstration and Performance	5 min	A0-027 (pp. 2-7 and 2-8)
TP3	Explain, demonstrate, and have the cadets aim the cadet air rifle, as follows: a. the aiming process, including: (1) adopting a comfortable position; and (2) ensuring proper body alignment with the target; b. sight alignment; and c. sight picture.	Demonstration and Performance	5 min	A0-027 (p. 2-11)

TP	Description	Method	Time	Ref
TP4	Explain, demonstrate, and have the cadets (dry fire) practice the actions required on the command “Relay, load, commence firing” on the cadet air rifle, as follows: a. ensuring the safety catch is in the ON position; b. pumping the cadet air rifle, pausing for three seconds when the pump is fully extended; c. simulating loading the pellet (flat end forward); d. closing the bolt; e. placing the safety catch in the OFF position; f. aiming the cadet air rifle at the target; g. squeezing the trigger; h. opening the bolt; i. repeating the sequence for each shot; j. immediately after firing the practice, placing the safety catch in the ON position, and partially opening the pump lever; and k. laying down the rifle.	Demonstration and Performance	15 min	A0-027 (p. 2-16)
TP5	Explain, demonstrate, and have the cadets practice the actions required on the command “Relay, unload and prepare for inspection” on the cadet air rifle, as follows: a. picking up the rifle; b. removing the five pellet clip if used; c. pumping the rifle; d. closing the bolt; e. placing the safety catch in the OFF position; f. aiming the rifle at the target; g. pulling the trigger; h. opening the bolt; i. placing the safety catch in the ON position; j. opening the pump lever 5-8 cm; k. placing the rifle over the shoulder, muzzle pointed down range; l. waiting to be cleared by the RSO; and m. laying the rifle down. Note: Cadets will be required to perform these skills during the Cadet Air Rifle Handling Test.	Demonstration and Performance	20 min	A0-027 (p. 2-16)

5. **Time:**

- | | | |
|----|--------------------------------|--------|
| a. | Introduction/Conclusion: | 10 min |
| b. | Demonstration and Performance: | 50 min |
| c. | Total: | 60 min |

6. **Substantiation:** A demonstration and performance was chosen for this lesson as it allows the instructor to explain and demonstrate basic marksmanship techniques, while providing an opportunity for the cadets to practice under supervision.

7. **References:** A0-027 A-CR-CCP-177/PT-001 D Cdts 3. (2001). *Canadian Cadet Movement: Cadet Marksmanship Programme Reference Manual*. Ottawa, ON: Department of National Defence.

8. **Training Aids:**

- a. Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area; and
- b. Cadet air rifle.

9. **Learning Aids:** Cadet air rifle.

10. **Test Details:** Assessment of this EO will occur during EO M106.05 (Participate in Marksmanship Familiarization Using the Cadet Air Rifle), where cadets are required to successfully complete the Cadet Air Rifle Handling Test prior to firing.

11. **Remarks:** Instructors are encouraged to familiarize themselves with the video A-CR-CCP-177/PV-002, *Air Rifle Marksmanship*.

EO M106.04 – FOLLOW RULES AND COMMANDS ON AN AIR RIFLE RANGE

1. **Performance:** Follow Rules and Commands on an Air Rifle Range
2. **Conditions:**
 - a. Given:
 - (1) Cadet air rifle,
 - (2) Range Standing Orders,
 - (3) Marksmanship mat,
 - (4) Safety glasses / goggles,
 - (5) Supervision, and
 - (6) Assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Air rifle range constructed IAW A-CR-CCP-177/PT-001, Chapter 1, sect 8.
3. **Standard:** In accordance with A-CR-CCP-177/PT-001, the cadet shall:
 - a. follow rules on the range; and
 - b. follow commands on the range.
4. **Teaching Points:**

TP	Description	Method	Time	Ref
TP1	Explain rules cadets must follow on the range, to include: a. rifles will be safety checked (proved) when picked up, handed to, or received from another person; b. rifles are never pointed at any person; c. safety rods shall be inserted into the barrels of rifles when not in use on the range; d. horseplay is forbidden on the range; e. rifles, whether loaded or not, will always be pointed down range; f. eating is not permitted on or near the range or around the pellets; g. all personnel shall read or be briefed on the contents of the Range Standing Orders; and h. the RSO's directions and orders are to be obeyed at all times. Note: The instructor will read pertinent sections of local Range Standing Orders during this period.	Interactive Lecture	10 min	Local Range Standing Orders

TP	Description	Method	Time	Ref
TP2	Explain, demonstrate and have the cadets practice (dry fire) responding to the following range commands: a. Cover off your firing point; b. Place your equipment down and stand back; c. Adopt the prone position; d. "G.R.I.T.", in that GRIT is the acronym for: (1) Group (relay); (2) Range; (3) Indication; and (4) Type of fire; e. Relay, load, commence firing; f. Relay, cease fire; g. Relay, resume fire; h. Relay, unload and prepare for inspection; i. Relay, stand up; j. Change targets; and k. Change relays. Note: The information in this TP should be reviewed prior to any cadet participating in a range practice.	Demonstration and Performance	15 min	A0-027 (p. 1-8-4)

5. **Time:**

- | | |
|-----------------------------------|--------|
| a. Introduction/Conclusion: | 5 min |
| b. Interactive Lecture: | 10 min |
| c. Demonstration and Performance: | 15 min |
| d. Total: | 30 min |

6. **Substantiation:**

- a. An interactive lecture was chosen for TP 1 to orient the cadets to the rules to be followed on a range and generate interest.
- b. A demonstration and performance was chosen for TP 2 as it allows the instructor to explain and demonstrate responding to range commands, while providing an opportunity for the cadets to practice under supervision.

7. **References:** A0-027 A-CR-CCP-177/PT-001 D Cdts 3. (2001). *Canadian Cadet Movement: Cadet Marksmanship Programme Reference Manual*. Ottawa, ON: Department of National Defence.

8. **Training Aids:**

- a. Presentation aids (i.e. whiteboard/flipchart/OHP) appropriate for classroom/training area;
- b. Local range standing orders;

- c. Cadet air rifle;
 - d. Safety glasses/goggles; and
 - e. Air rifle safety rod.
9. **Learning Aids:**
- a. Cadet air rifle;
 - b. Safety glasses/goggles; and
 - c. Air rifle safety rod.
10. **Test Details:** Assessment of this EO will occur during EO M106.05 (Participate in Marksmanship Familiarization Using the Cadet Air Rifle), where cadets are required to successfully complete the Cadet Air Rifle Handling Test prior to firing.
11. **Remarks:** Instructors are encouraged to familiarize themselves with the video A-CR-CCP-177/PV-002, *Air Rifle Marksmanship*.

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EO M106.05 – PARTICIPATE IN MARKSMANSHIP FAMILIARIZATION USING THE CADET AIR RIFLE

1. **Performance:** Participate in Marksmanship Familiarization Using the Cadet Air Rifle
2. **Conditions:**
 - a. Given:
 - (1) Cadet air rifle,
 - (2) Air rifle pellets,
 - (3) Target frame,
 - (4) Target,
 - (5) Marksmanship mat,
 - (6) Safety glasses / goggles,
 - (7) Supervision, and
 - (8) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Air rifle range constructed IAW Part 1, Section 8 of A-CR-CCP-177/PT-001.
3. **Standard:** The cadet shall participate in marksmanship familiarization using the cadet air rifle.
4. **Teaching Points:**
 - a. Conduct a range briefing, to include:
 - (1) explaining pertinent sections of range standing orders;
 - (2) reviewing general rules observed on all ranges;
 - (3) reviewing commands used on an air rifle range;
 - (4) describing the layout of the range;
 - (5) reviewing hand-washing procedures upon completion of firing;
 - b. Conduct the Cadet Air Rifle Handling Test using the form located at Chapter 3, Annex C.
 - c. Supervise the cadets' participation in a familiarization marksmanship.
 - d. Review the recreational marksmanship program with the cadets and help them identify any targets that may contribute towards recognition under the recreational marksmanship program.
5. **Time:**
 - a. Introduction / Conclusion: 10 min
 - b. Practical Activity: 80 min
 - c. Total: 90 min

6. **Substantiation:** A practical activity was chosen for this lesson as it is an interactive way to allow the cadets to experience marksmanship familiarization in a safe and controlled environment. This activity contributes to the development of marksmanship skills and knowledge in a fun and challenging setting.
7. **References:**
 - a. A0-027 A-CR-CCP-177/PT-001 Director Cadets 3. (2005). *Canadian cadet movement: Cadet marksmanship program reference manual*. Ottawa, ON: Department of National Defence.
 - b. A0-041 CATO 14-41 Director Cadets 4. (2007). *Marksmanship, rifles, and ammunitions*. Ottawa, ON: Department of National Defence.
8. **Training Aids:** Pen / pencil.
9. **Learning Aids:**
 - a. Cadet air rifle,
 - b. Air rifle pellets,
 - c. Target frame,
 - d. Target,
 - e. Marksmanship mat, and
 - f. Safety glasses / goggles.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. The RSO shall ensure that all rules and procedures are strictly adhered to.
 - b. Cadets shall successfully complete the air rifle handling test prior to firing pellets (or felt cleaning pellets) on a cadet air rifle range.

EO C106.01 – PARTICIPATE IN A RECREATIONAL MARKSMANSHIP ACTIVITY

1. **Performance:** Participate in a Recreational Marksmanship Activity
2. **Conditions:**
 - a. Given:
 - (1) Cadet air rifle,
 - (2) Air rifle pellets,
 - (3) Target frame,
 - (4) Target,
 - (5) Marksmanship mat,
 - (6) Safety glasses / goggles,
 - (7) Supervision, and
 - (8) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Air rifle range constructed IAW Part 1, Section 8 of A-CR-CCP-177/PT-001.
3. **Standard:** The cadet shall participate in a recreational marksmanship activity.
4. **Teaching Points:**
 - a. Conduct a range briefing, to include:
 - (1) explaining pertinent sections of range standing orders;
 - (2) reviewing general rules observed on all ranges;
 - (3) reviewing commands used on an air rifle range;
 - (4) describing the layout of the range; and
 - (5) reviewing hand-washing procedures on completion of firing.
 - b. Supervise the cadet's participation in a recreational marksmanship activity, choosing from the following categories:
 - (1) classification
 - (2) fun activities,
 - (3) timed activities, and
 - (4) competitive team / individual activities.
5. **Time:**
 - a. Introduction / Conclusion 10 min
 - b. Practical Activity: 80 min
 - c. Total: 90 min

6. **Substantiation:** A practical activity was chosen for this lesson as it is an interactive way to allow the cadets to experience recreational marksmanship in a safe and controlled environment. This activity contributes to the development of marksmanship skills and knowledge in a fun and challenging setting.
7. **References:**
 - a. A0-027 A-CR-CCP-177/PT-001 Director Cadets 3. (2005). *Canadian cadet movement: Cadet marksmanship program reference manual*. Ottawa, ON: Department of National Defence.
 - b. A0-041 CATO 14-41 Director Cadets 4. (2007). *Marksmanship, rifles, and ammunitions*. Ottawa, ON: Department of National Defence.
8. **Training Aids:**
 - a. Scoring plug,
 - b. Stopwatch, and
 - c. Pen / pencil.
9. **Learning Aids:**
 - a. Cadet air rifle,
 - b. Air rifle pellets,
 - c. Target frame,
 - d. Target,
 - e. Marksmanship mat, and
 - f. Safety glasses / goggles.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. The RSO shall ensure that all rules and procedures are strictly adhered to.
 - b. Cadets shall successfully complete the air rifle handling test prior to firing pellets (or felt cleaning pellets) on a cadet air rifle range.

EO C106.02 – CLEAN AND STORE THE CADET AIR RIFLE

1. **Performance:** Clean and Store the Cadet Air Rifle
2. **Conditions:**
 - a. Given:
 - (1) Cadet air rifle,
 - (2) Air rifle case,
 - (3) Air rifle cleaning kit,
 - (4) Air rifle safety rod,
 - (5) Supervision, and
 - (6) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Air rifle range constructed IAW Part 1, Section 8 of A-CR-CCP-177/PT-001.
3. **Standard:** IAW A-CR-CCP-177/PT-001, the cadet shall:
 - a. clean the cadet air rifle, to include:
 - (1) before firing by firing two to three felt cleaning pellets; and
 - (2) after firing by firing two to three felt cleaning pellets; and
 - b. store the cadet air rifle.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain and demonstrate the procedures for cleaning the cadet air rifle, to include: a. the importance of cleaning the air rifle, b. cleaning procedure for the air rifle, and c. when to clean the air rifle, to include: (1) before firing; (2) after firing; and (3) periodically.	Demonstration	15 min	A0-027 (pp. 1-10-1 – 1-10-2)

TP	Description	Method	Time	Refs
TP2	Explain and demonstrate the sequence for storing the air rifle, to include: a. cocking the action (bolt forward); b. sliding the safety rod into the barrel; c. placing the rifle in the case in the direction of the arrow on the case; d. confirming the pumping handle is partially open; e. confirming the safety catch is ON; f. closing the case; and g. ensuring the case is pointed in a safe direction.	Demonstration and Performance	10 min	A0-027 (p. 1-3-2)

5. **Time:**

- a. Introduction / Conclusion: 5 min
- b. Demonstration and Performance: 10 min
- c. Demonstration: 15 min
- d. Total: 30 min

6. **Substantiation:**

- a. The demonstration method was chosen for TP1 as it allows the instructor to demonstrate the procedures for cleaning the cadet air rifle.
- b. The demonstration and performance method was chosen for TP2 as it allows the instructor to explain and demonstrate cleaning and storing the rifle while providing an opportunity for the cadets to practice under supervision.

7. **Reference:** A0-027 A-CR-CCP-177/PT-001 Director Cadets 3. (2005). *Canadian cadet movement: Cadet marksmanship program reference manual*. Ottawa, ON: Department of National Defence.

8. **Training Aids:**

- a. Presentation aids (i.e., whiteboard / flipchart / OHP) appropriate for classroom / training area,
- b. Cadet air rifle,
- c. Air rifle case,
- d. Air rifle safety rod, and
- e. Air rifle cleaning kit.

9. **Learning Aids:**

- a. Cadet air rifle,
- b. Air rifle case, and
- c. Air rifle safety rod.

10. **Test Details:** Nil.

11. **Remarks:** Nil.

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SECTION 9**PO 107 – SERVE IN AN ARMY CADET CORPS**

1. **Performance:** Serve in an Army Cadet Corps
2. **Conditions:**
 - a. Given:
 - (1) Army Cadet uniform,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Any.
3. **Standard:** The cadet will serve in an army cadet corps, to include:
 - a. identifying green star and summer training opportunities;
 - b. paying compliments to senior ranks;
 - c. correctly addressing senior ranks;
 - d. paying proper respects to senior ranks;
 - e. stating the aims and motto of the army cadet program; and
 - f. wearing the army cadet uniform.
4. **Remarks:** Nil.
5. **Complementary Material:** Complementary material associated with PO 107 is designed to enhance the cadet's participation in their cadet corps, specifically:
 - a. EO C107.01 (Maintain the Army Cadet Uniform),
 - b. EO C107.02 (Participate in a Tour of the Cadet Corps),
 - c. EO C107.03 (Participate in an Activity on the History of the Cadet Corps), and
 - d. EO C107.04 (Establish a Full Value Contract).

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EO M107.01 – PARTICIPATE IN A DISCUSSION ON GREEN STAR TRAINING

1. **Performance:** Participate in a Discussion on Green Star Training
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall participate in a discussion on aspects of participation in the Green Star Qualification.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain the content of the Green Star POs, to include: a. training common to the sea, army and air elements of the CCO, to include: (1) Positive Social Relations for Youth, (2) citizenship, (3) community service, (4) leadership, (5) personal fitness and healthy living, (6) recreational sports, (7) air rifle marksmanship, (8) general cadet knowledge, and (9) drill; and b. army elemental training, to include: (1) expedition-related training which is accomplished through instruction on: (a) field training, (b) navigation, and (c) hiking; and (2) Canadian army and civilian outdoor community familiarization.	Interactive Lecture	15 min	A2-031

TP	Description	Method	Time	Refs
TP2	Explain available optional training at the cadet corps, to include: a. cultural education / travel; b. music, to include: (1) military, and (2) pipes and drums; and c. summer and winter biathlon, d. first-aid, and e. other opportunities as resources allow.	Interactive Lecture	10 min	A2-031

5. **Time:**

- a. Introduction / Conclusion: 5 min
- b. Interactive Lecture: 25 min
- c. Total: 30 min

6. **Substantiation:** An interactive lecture was chosen for this lesson to orient the cadet on the content of green star training and opportunities at the corps.

7. **References:** A2-031 Director Cadets. (2003). CATO 40-01 *Army Cadet Program Outline*. Ottawa, ON: Department of National Defence.

8. **Training Aids:** Presentation aids (i.e., whiteboards / flipcharts / OHP) appropriate for classroom / training area.

9. **Learning Aids:** Nil.

10. **Test Details:** Nil.

11. **Remarks:**

- a. This lesson should follow EO M103.02 (Map Personal Goals for the Training Year).
- b. This lesson should be scheduled at the beginning of the training year.

EO M107.02 – IDENTIFY ARMY CADET RANKS AND OFFICER RANKS

1. **Performance:** Identify Army Cadet Ranks and Officer Ranks
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall identify the rank structure of:
 - a. the Royal Canadian Army Cadets (RCAC), and
 - b. the Canadian Army.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain the structure and rank insignia of the RCAC, to include: a. lance-corporal (LCpl), b. corporal (Cpl), c. master corporal (MCpl), d. sergeant (Sgt), e. warrant officer (WO), f. master warrant officer (MWO), and g. chief warrant officer (CWO).	In-Class Activity	10 min	A2-030

TP	Description	Method	Time	Refs
TP2	Explain the officer structure and rank insignia of the army element of the CF, to include: a. a subordinate officer; officer cadet (OCdt), b. junior officers, to include: (1) second lieutenant (2Lt), (2) lieutenant (Lt), and (3) captain (Capt); c. senior officers, to include: (1) major (Maj), (2) lieutenant-colonel (LCol), and (3) colonel (Col); and d. general officers, to include: (1) brigadier general (BGen), (2) major general (MGen), (3) lieutenant general (LGen), and (4) general (Gen).	In-Class Activity	15 min	A0-001 A0-009

5. **Time:**

- a. Introduction / Conclusion: 5 min
- b. Interactive Lecture: 25 min
- c. Total: 30 min

6. **Substantiation:** An in-class activity was chosen for this lesson as it is an interactive way to provoke thought and stimulate interest in the rank structure of the RCAC and of the Canadian Army.7. **References:**

- a. A0-001 A-AD-265-000/AG-001 DHH 3-2. (2001). *Canadian Forces dress instructions*. Ottawa, ON: The Department of National Defence.
- b. A0-009 A-AA-100-000/AA-003 Canadian Forces. (2006). *QR&O chapter 3, section 1 ranks and designations of ranks*. Ottawa, ON: The Department of National Defence.
- c. A2-030 Director Cadets. (2005). *CATO 40-03 Army cadet ranks and cadet corps establishment*. Ottawa, ON: Department of National Defence.

8. **Training Aids:**

- a. Presentation aids (i.e., whiteboard / flipchart / OHP) appropriate for classroom / training area,
- b. Rank Badges / Images of the rank badges, and

9. **Learning Aids:** Rank Badges of the Canadian Army Handout.10. **Test Details:** Nil.11. **Remarks:** Nil.

EO M107.03 – OBSERVE RULES AND PROCEDURES FOR THE PAYING OF COMPLIMENTS

1. **Performance:** Observe Rules and Procedures for the Paying of Compliments
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall observe rules and procedures for the paying of compliments, to include:
 - a. addressing cadet NCMs and subordinate officers;
 - b. addressing commissioned officers;
 - c. entering and leaving an office; and
 - d. paying compliments on other occasions.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain and conduct an activity on the procedures for addressing a cadet NCO or subordinate officer: a. standing at the position of attention after approaching the NCO / subordinate officer; b. not saluting, as NCOs / subordinate officers do not hold a commission; c. addressing the NCO / subordinate officer by rank and surname and subsequently by rank (Pte – Sgt) or sir / ma'am (wo +) throughout the conversation; and d. remaining at the position of attention for the duration of the conversation.	In-Class Activity	10 min	A0-002 (pp. 1-2-2 – 1-2-3)

TP	Description	Method	Time	Refs
TP2	Explain and conduct an activity on the procedures for addressing a commissioned officer: a. standing at the position of attention after approaching the officer; b. saluting in accordance with the Canadian Forces Manual of Drill and Ceremonial; c. addressing the officer by rank and surname and subsequently by sir or ma'am throughout the conversation; d. remaining at the position of attention for the duration of the conversation unless otherwise directed by the commissioned officer; and e. saluting when the conversation is complete.	In-Class Activity	5 min	A0-002 (pp. 1-2-2 – 1-2-3)
TP3	Explain the following regulations for paying compliments inside a building: a. cadets shall salute indoors only if the following conditions apply: (1) on parade, (2) ceremonial occasion, or (3) when entering and leaving offices; b. when entering an office the cadet shall: (1) stand at the position of attention at the doorway; (2) salute if wearing headdress and the office occupant holds a commission; and (3) ask permission to enter; c. when leaving an office the cadet shall: (1) stand at the position of attention at the doorway; (2) salute if wearing headdress and the office occupant holds a commission; and (3) depart; d. cadets will turn their head and offer a polite greeting when meeting an officer in a common area; and e. it is not normally customary to wear headdress inside a building, other than an armouries or drill hall.	Interactive Lecture	5 min	A0-002 (pp. 1-2-3 – 1-2-4)

TP	Description	Method	Time	Refs
TP4	Explain other occasions to pay compliments, to include when: a. the Canadian or another foreign national anthem is played; b. the Royal Anthem is played; c. recognizing a commissioned officer who is not in uniform; d. the national flag is being raised and lowered; e. the ensign is being lowered and raised; f. boarding and upon disembarking any of Her Majesty's Canadian ships or those of a foreign service, cadets shall pay compliments to the quarterdeck; and g. when in civilian clothing compliments are paid by doffing a cap / hat.	Interactive Lecture	5 min	A0-002 (pp. 1-2-3 – 1-2-4)

5. **Time:**

- | | |
|-------------------------------|--------|
| a. Introduction / Conclusion: | 5 min |
| b. Interactive Lecture: | 10 min |
| c. In-Class Activity: | 15 min |
| d. Total: | 30 min |

6. **Substantiation:**

- a. An in-class activity was chosen for TPs 1 and 2 as an interactive way to provoke thought and stimulate interest in procedures for addressing NCOs, subordinate officers and commissioned officers.
- b. An interactive lecture was chosen for TPs 3 and 4 to orient the cadets to regulations for paying compliments inside a building, and to other occasions to pay compliments.

7. **References:** A0-002 A-PD-201-000/PT-000 DHH 3-2. (2001). *The Canadian Forces manual of drill and ceremonial*. Ottawa, ON: The Department of National Defence.

8. **Training Aids:** Presentation aids (i.e., whiteboard / flipchart / OHP) appropriate for classroom / training area.

9. **Learning Aids:** Nil.

10. **Test Details:** Nil.

11. **Remarks:** Nil.

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EO M107.04 – STATE THE AIM AND MOTTO OF THE ARMY CADET PROGRAM

1. **Performance:** State the Aim and Motto of the Army Cadet Program
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall:
 - a. be familiarized to the mission and vision of the cadet program;
 - b. state the aim of the Army Cadet Program; and
 - c. state the motto of the Army Cadet Program.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	State the mission of the cadet program: Contribute to the development and preparation of youth for the transition to adulthood, enabling them to meet the challenges of modern society, through a dynamic, community-based program.	Interactive Lecture	5 min	A0-003
TP2	State the vision of the cadet program: To be a relevant, credible and proactive youth development organization, offering the program of choice for Canada's youth, preparing them to become the leaders of tomorrow through a set of fun, challenging, well organized and safe activities.	Interactive Lecture	5 min	A0-003
TP3	Describe the aim of the cadet program, to include: a. develop in youth the attributes of good citizenship and leadership; b. promote physical fitness; and c. stimulate the interest of youth in the sea, land and air activities of the Canadian Forces.	Interactive Lecture	10 min	A0-003
TP4	State the motto of the army cadet program, which is Acer Acerpori (as the maple, so the sapling).	Interactive Lecture	5 min	C2-040

5. **Time:**

- | | | |
|----|----------------------------|--------|
| a. | Introduction / Conclusion: | 5 min |
| b. | Interactive Lecture: | 25 min |
| c. | Total: | 30 min |

6. **Substantiation:** An interactive lecture was chosen for this lesson to orient the cadets to the aim and motto of the Cadet Program.

7. **References:**

- a. A0-010 D Cdts. (1999). *CATO 11-03: Cadet program mandate*. In Cadet Administrative and Training Orders (Vol. 1). Ottawa, ON.
- b. C2-040 The Army Cadet League of Canada. (2006). *Policy 3.1: aim of the Canadian cadet organizations*. Retrieved 25 May, 2006, from http://www.armycadetleague.ca/templates/pdf/refmanual/english/pol_3_1.pdf

8. **Training Aids:** Presentation aids (i.e., whiteboards / flipcharts / OHP) appropriate for classroom / training area.

9. **Learning Aids:** Nil.

10. **Test Details:** Nil.

11. **Remarks:** Nil.

EO M107.05 – WEAR THE ARMY CADET UNIFORM

1. **Performance:** Wear the Army Cadet Uniform
2. **Conditions:**
 - a. Given:
 - (1) Army Cadet uniform,
 - (2) Army Cadet physical training uniform,
 - (3) Army Cadet winter clothing,
 - (4) Supervision, and
 - (5) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** IAW CATO 46-01, *Royal Canadian Army Cadet Dress Instructions*, the cadet shall wear the cadet uniform in a manner that reflects credit on the CCM, to include:
 - a. wearing properly formed and positioned headdress;
 - b. ensuring uniform is clean and pressed, and worn with shone boots;
 - c. ensuring hair is neatly groomed and conservatively styled;
 - d. wearing only the jewellery permitted; and
 - e. conforming to the body adornment rules (e.g., make-up, piercing).
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain the general rules and responsibilities for the cadet uniform, to include: a. occasions to wear the uniform, b. responsibility for the army cadet uniform, and c. general appearance of uniform.	Interactive Lecture	5 min	A2-028 (pp. 9/27 - 10/27)
TP2	Explain and demonstrate the correct manner in which to wear headdress, to include: a. the beret, b. the beret insignia, c. the wide brimmed tan summer hat, and d. the toque.	Demonstration	5 min	A2028 (pp. 10/27 - 11/27) C2-035

TP	Description	Method	Time	Refs
TP3	Explain and demonstrate the correct way to wear and care for clothing on the upper body, to include: a. insignia, shoulder title RCAC, b. insignia, cadet, maple leaf, c. cadet slip-on, d. cadet armband, e. shirt, cadet, short sleeve, f. undershirt, g. grey sports t-shirt, h. white undershirt, i. turtleneck sweater, j. uniform jacket, k. jacket belt, l. all season jacket, m. necktie, n. nametag, o. black wool gloves, and p. black mitts.	Demonstration	10 min	A2-028 (pp. 11/27 - 14/27)
TP4	Explain and demonstrate the correct way to wear and care for clothing on the lower body, to include: a. trousers, b. trouser belt, c. boots, d. grey sports shorts, and e. running shoes.	Demonstration	10 min	A2-028 (pp. 11/27 - 14/27)

TP	Description	Method	Time	Refs
TP5	Explain and demonstrate, where practical, the following in relation to personal appearance while in uniform: a. general appearance considerations; b. hairstyle, to include: (1) general appearance of hair, (2) male cadet hairstyle, (3) sideburns, (4) moustache, and (5) female cadet hairstyles, c. make-up, d. jewellery, e. tattoos and piercing, f. undergarments, g. eyeglasses / sunglasses, h. other items, to include: (1) civilian clothing, (2) civilian pattern backpack, and (3) purse, and i. carrying items while in uniform.	Interactive Lecture	10 min	A2-028 (pp. 15/27 - 19/27) A0-002
TP6	Explain the orders of dress for the army cadet uniform, to include: a. C-2 Duty Dress, b. C-2A Duty Dress, c. C-3 Duty Dress (cold weather), and d. PT – Physical Training Dress. Note: A cadet wearing each form of uniform is the best way to illustrate the wearing of the uniform.	Interactive Lecture	10 min	A2-028 (pp. A-4/14, A-5/14, A-6/14 & A-11/14)

5. **Time:**

a. Introduction / Conclusion:	10 min
b. Interactive Lecture:	25 min
c. Demonstration:	25 min
d. Total:	60 min

6. **Substantiation:**

- a. An interactive lecture was chosen for TPs 1, 5, and 6 to orient the cadets to the rules and responsibilities and orders of dress for the cadet uniform.

- b. A demonstration was chosen for TPs 2 – 4 as it allows the instructor to explain and demonstrate the proper way in which to wear the various headdresses and pieces of clothing on the upper and lower body.

7. **References:**

- a. A0-002 A-PD-201-000/PT-000 DHH 3-2. (2001). *The Canadian Forces manual of drill and ceremonial*. Ottawa, ON: The Department of National Defence.
- b. A2-028 D Cdts. (2005). *CATO 46-01 Army cadet dress instructions*. In Cadet Administrative and Training Orders (Vol. 4, 27 pages). Ottawa, ON.
- c. C2-039 Apparel Search. (2005). *Berets in the military: Canada*. Retrieved 25 May, 2006, from http://www.apparesearch.com/definitions/headwear_hats/beret_definitions.htm

8. **Training Aids:**

- a. Presentation aids (i.e., whiteboards / flipcharts / OHP) appropriate for classroom / training area,
- b. Army Cadet dress uniform,
- c. Army Cadet physical training uniform,
- d. Army Cadet winter clothing: All-season jacket, tuque and gloves, and
- e. Polishing kit: Polish, toothbrush, and soft cloth.

9. **Learning Aids:**

- a. Army Cadet dress uniform,
- b. Army Cadet physical training uniform,
- c. Army cadet winter clothing, and
- d. Polishing kit: Polish, toothbrush, and soft cloth.

10. **Test Details:** Nil.

11. **Remarks:** This lesson should be scheduled to be conducted at the beginning of the training year.

EO M107.06 – PARTICIPATE IN A DISCUSSION ON YEAR ONE CADET SUMMER TRAINING CENTRE (CSTC) OPPORTUNITIES

1. **Performance:** Participate in a Discussion on Year One Cadet Summer Training Centre (CSTC) Opportunities
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall participate in a discussion on Cadet Summer Training Centre (CSTC) qualifications, to include:
 - a. the General Training qualification, and
 - b. other CSTC qualifications.

4. Teaching Points:

TP	Description	Method	Time	Refs
TP1	Describe the General Training qualification offered at the CSTC for cadets who attend year one training, to include: a. duration, b. location, c. aim, "To introduce cadets to the Cadet Summer Training Centre environment and specialty training qualifications;" d. the components of the course, to include: (1) introduction to specialties: expedition, marksmanship, music, drill and ceremonial, fitness and sports, (2) introduction to community living, (3) biathlon, (4) adventure training, (5) leadership, (6) development of self-discipline, and (7) CF familiarization; and e. some additional opportunities provided on all CSTC Program courses, to include: (1) weekly parades, (2) life skills, (3) recreation sports, (4) swimming, and (5) a graduation parade.	Interactive Lecture	15 min	A2-031 A2-077 (pp. 1-2–1-6)

TP	Description	Method	Time	Refs
TP2	Describe future CSTC opportunities, to include: a. introduce CSTC specialty courses, to include: (1) ceremonial drill series qualifications, to include: (a) Basic Drill and Ceremonial, (b) Drill and Ceremonial Instructor Course; (2) expedition series qualifications, to include: (a) Basic Expedition, (b) Expedition Instructor, (c) Leadership and Challenge, and (d) Army Cadet Senior Expeditions (Outward Bound Wales, Outward Bound Scotland, Maple Leaf England). (3) fullbore marksmanship series qualifications, to include: (a) Basic Marksman, (b) Fullbore Marksman Phase I, (c) Fullbore Marksman Phase II, and (d) National Army Cadet Rifle Team. (4) air rifle marksmanship series qualification: Air Rifle Marksmanship Instructor, (5) fitness and sports series qualifications, to include: (a) Basic Fitness and Sports, (b) Fitness and Sports Instructor (6) military band series qualifications, to include: (a) Military Band – Basic Musician, (b) Military Band – Intermediate Musician, and (c) Military Band – Advanced Musician.	Interactive Lecture	10 min	A2-031

TP	Description	Method	Time	Refs
	(7) pipe band series qualifications, to include: (a) Pipe Band – Basic Musician, (b) Pipe Band – Intermediate Musician, and (c) Pipe Band – Advanced Musician. (8) other qualifications and exchanges: (a) Basic Parachutist (Years 5+), and (b) Army Cadet Exchanges (Years 5+). advanced training (staff cadet) opportunities (Years 4+). Note: Older cadets who join the program are eligible to be considered for a year two or three summer course.			

5. **Time:**

- | | |
|-------------------------------|--------|
| a. Introduction / Conclusion: | 5 min |
| b. Interactive Lecture: | 25 min |
| c. Total: | 30 min |

6. **Substantiation:** An interactive lecture was chosen for this lesson to orient the cadets to CSTC opportunities.

7. **References:**

- a. A2-031 CATO 40-01 Director Cadets. (2011). *Army cadet program outline*. Ottawa, ON: Department of National Defence.
- b. A2-077 A-CR-CCP-711/PG-001 Director Cadets 3. (2007). *Royal canadian army cadets, General training, Qualification standard and plan*. Ottawa, ON: Department of National Defence.

8. **Training Aids:**

- a. Presentation aids (i.e., whiteboards / flipcharts / OHP) appropriate for classroom / training area,
- b. Royal Canadian Army Cadet Symbols Poster, and
- c. Army Cadet Updated CSTC Program handout located at CATO 40-01, Annex C, Appendix 1.

9. **Learning Aids:** Army Cadet Updated CSTC Program handout located at CATO 40-01, Annex C, Appendix 1.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. Examples of the various badges should be used for this lesson. Where this is not practical, an image of the badge may be used.
 - b. Consult CATO 40-01, *Army cadet program outline*, Annex C, Appendix 1 to obtain the summer course progression handout.

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EO C107.01 – MAINTAIN THE ARMY CADET UNIFORM

1. **Performance:** Maintain the Army Cadet Uniform
2. **Conditions:**
 - a. Given:
 - (1) Army cadet uniform,
 - (2) Polishing kit,
 - (3) Iron and ironing board,
 - (4) Lint brush,
 - (5) Supervision, and
 - (6) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** IAW CATO 46-01, *Army Cadet Dress Instructions*, the cadet shall maintain the army cadet uniform, to include:
 - a. ensuring uniform is clean and pressed; and
 - b. ensuring footwear is clean and shone.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain tips for ironing the uniform, to include: a. ensuring surface of iron is clean; b. ensuring iron is not too hot; c. ensuring article of uniform is clean; d. using a spray bottle or starch; and e. using a pressing cloth which will prevent parts of the uniform from becoming shinny (some examples of items that can be used as a pressing cloth include a thin towel, pillowcase, old cotton cloth and a paper bag).	Interactive Lecture	5 min	A2-028
TP2	Demonstrate the correct method of care for the trousers, as per CATO.	Demonstration	10 min	A2-028
TP3	Demonstrate the correct method of care for the green short sleeve shirt, as per CATO.	Demonstration	10 min	A2-028
TP4	Demonstrate the correct method of care for the tunic, as per CATO.	Demonstration	5 min	A2-028

TP	Description	Method	Time	Refs
TP5	Demonstrate general guidelines for the boots, to include: a. the method for polishing the boots, to include: (1) cleaning the boot welts with an old toothbrush and black boot polish; (2) using a polish cloth wrapped around the index finger; (3) applying a moderate amount of polish to the cloth; (4) applying the polish in a circular motion to the area being polished; (5) starting with large circles to cover the area with polish; (6) using smaller circles as the polish gets worked into the boot; and (7) continuing to work in a circular motion until the circles formed by the polish are no longer visible. The whole boot is to be polished, not just the toe; and b. lacing the boots as per CATO.	Demonstration	5 min	A2-028
TP6	Demonstrate the correct method of care for the beret, to include: a. washing the beret with a mild detergent; and b. forming the beret.	Demonstration	5 min	A2-028
TP7	Demonstrate the method for wearing the hair, for male cadets and for female cadets, as per CATO.	Demonstration	10 min	A2-028 A0-001
TP8	Supervise and advise cadets as they practise maintaining the uniform, to include: a. trousers, b. short sleeved shirt, c. tunic, and d. boots.	Performance	30 min	

5. **Time:**

a. Introduction / Conclusion:	10 min
b. Interactive Lecture:	5 min
c. Demonstration:	45 min
d. Performance:	30 min
e. Total:	90 min

6. **Substantiation:**

- a. An interactive lecture was chosen for TP 1 to orient the cadets to the tips for ironing the uniform.
- b. The demonstration and performance was chosen for TPs 2 –8 as it allows the instructor to explain and demonstrate the care of the uniform while providing an opportunity for the cadets to practice under supervision.

7. **References:**

- a. A0-001 A-AD-265-000/AG-001 DHH 3-2. (2001). *Canadian Forces dress instructions*. Ottawa, ON: Department of National Defence.
- b. A2-028 Director Cadets. (2012). *CATO 46-01 Army cadet dress instructions*. Ottawa, ON: Department of National Defence.

8. **Training Aids:** Army cadet uniform.

9. **Learning Aids:** Army cadet uniform.

10. **Test Details:** Nil.

11. **Remarks:**

- a. It is recommended to have an assistant instructor for this lesson.
- b. In suitable quantities, the instructor is expected to locally acquire some of the resources to enhance this period, to include:
 - (1) ironing board,
 - (2) iron,
 - (3) starch,
 - (4) black boot polish,
 - (5) soft boot cloth,
 - (6) toothbrush for boot welts,
 - (7) scissors,
 - (8) lint brush,
 - (9) hair elastics,
 - (10) bobbi pins, and
 - (11) hair net.

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EO C107.02 – PARTICIPATE IN A TOUR OF THE CADET CORPS

1. **Performance:** Participate in a Tour of the Cadet Corps
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Any.
3. **Standard:** The cadet shall participate in a tour of the cadet corps in order to:
 - a. identify key areas of the cadet corps;
 - b. identify the cadet corps staff; and
 - c. develop knowledge of cadet corps's rules and procedures.
4. **Teaching Points:** Conduct a tour of the facilities and introduce the cadets to the cadet corps staff. Supervise the cadets, as they visit the following areas of the cadet corps, and discuss information pertinent to each location:
 - a. parade square (protocols and respect),
 - b. classrooms,
 - c. break areas / canteen, to include:
 - (1) availability, and
 - (2) appropriate use;
 - d. washrooms,
 - e. communications areas (bulletin boards, sign up sheets),
 - f. commanding Officer's office,
 - g. administration office,
 - h. training office,
 - i. supply areas, and
 - j. out of bounds areas.
5. **Time:**
 - a. Introduction / Conclusion: 5 min
 - b. Practical Activity: 25 min
 - c. Total: 30 min

6. **Substantiation:** A practical activity was chosen for this lesson as it is an interactive way for cadets to learn about the facilities of their cadet corps in a safe and controlled environment.
7. **References:** Nil.
8. **Training Aids:** Nil.
9. **Learning Aids:** Cadet corps passports.
10. **Test Details:** Nil.
11. **Remarks:** Nil.

EO C107.03 – PARTICIPATE IN AN ACTIVITY ON THE HISTORY OF THE CADET CORPS

1. **Performance:** Participate in an Activity on the History of the Cadet Corps
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall participate in an activity on the history of the cadet corps, to include:
 - a. formation of the cadet corps,
 - b. significant cadet corps developments, and
 - c. awards and accomplishments within the cadet corps.

4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Conduct a cadet corps history learning station activity.	In-Class Activity	40 min	
TP2	Conduct a group discussion on what cadets have discovered about the history of their cadet corps.	Group Discussion	10 min	

5. **Time:**

- | | |
|-------------------------------|--------|
| a. Introduction / Conclusion: | 10 min |
| b. In-Class Activity: | 40 min |
| c. Group Discussion: | 10 min |
| d. Total: | 60 min |

6. **Substantiation:**

- a. An in-class activity was chosen for TP 1 as it is an interactive way to provoke thought and stimulate interest among cadets about the history of their cadet corps.
- b. A group discussion was chosen for TP 2 as it allows the cadets to interact with their peers and share their knowledge, experiences, opinions, and feelings about the history of their cadet corps.

7. **References:** Nil.
8. **Training Aids:**
 - a. Presentation aids (Presentation aids (i.e., whiteboards / flipcharts / OHP) appropriate for classroom / training area, and
 - b. Materials required for preparation of learning stations.
9. **Learning Aids:**
 - a. Learning stations, and
 - b. Flipchart paper and markers.
10. **Test Details:** Nil.
11. **Remarks:** Information used by the instructor for the learning stations will depend on materials available at each unit.

EO C107.04 – ESTABLISH A FULL VALUE CONTRACT

1. **Performance:** Establish a Full Value Contract
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall participate in the establishment of a Full Value Contract.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain the elements needed to establish a Full Value Contract: a. be here, b. be safe, c. set goals, d. be honest, and e. let go and move on.	Interactive lecture	5 min	C2-038 C2-039
TP2	Establish a Full Value Contract.	Practical Activity	20 min	

5. **Time:**
 - a. Introduction / Conclusion: 5 min
 - b. Interactive Lecture: 5 min
 - c. Practical Activity: 20 min
 - d. Total: 30 min
6. **Substantiation:**
 - a. An interactive lecture was chosen for TP 1 as it is an interactive way to introduce cadets to full value contracts and to the elements needed prior to establishing the contract.
 - b. A practical activity was chosen for TP 2 to develop a full value contract as it is an interactive way to allow the cadet to develop, own, and build the desire to enforce agreed upon behavioural norms.
7. **References:**
 - a. C2-038 0787224596 Henton, M. (1996). *Adventure in the Classroom: Using Adventure to Strengthen Learning and Build a Community of Life-long Learners*. Dubuque, IA: Kendall Hunt Publishing.

- b. C2-039 0825199905 Frank, L.S. (2001). *The caring classroom: Using adventure to create community in the classroom and beyond*. Dubuque, IA: Kendall Hunt Publishing.
- 8. **Training Aids:** Full Value Contract Examples
- 9. **Learning Aids:**
 - a. flip chart paper,
 - b. cardboard,
 - c. markers,
 - d. pens / pencils,
 - e. ruler,
 - f. glue,
 - g. scissors,
 - h. coloured paper, and
 - i. magazines.
- 10. **Test Details:** Nil.
- 11. **Remarks:** Nil.

SECTION 10

PO 108 – PERFORM DRILL MOVEMENTS DURING AN ANNUAL CEREMONIAL REVIEW

1. **Performance:** Perform Drill Movements During an Annual Ceremonial Review
2. **Conditions:**
 - a. Given:
 - (1) Parade area,
 - (2) Words of command,
 - (3) Supervision, and
 - (4) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Drill hall or outdoor parade square in favourable weather
3. **Standard:** IAW A-DH-201-000/PT-001, *The Canadian Forces Manual of Drill and Ceremonial*, the cadet will participate as a member of a cadet corps in an Annual Ceremonial Review parade, to include:
 - a. fall in,
 - b. right dress,
 - c. inspection,
 - d. march past,
 - e. advance, and
 - f. dismissal.
4. **Remarks:**
 - a. A nightly opening and closing parade should be included in the routine of the cadet corps. The opening parade should be section level and include falling in, calling the roll, a drill practice, and falling out. The closing parade should include falling in, announcements, a drill practice including marching and wheeling, and falling out. The length of the parades will vary based on the facilities of the individual unit.
 - b. A monthly Commanding Officer's Parade following the sequence of an Annual Ceremonial Review Parade should be conducted in the place of an opening or closing parade. This will introduce cadets to the format of an Annual Ceremonial Review Parade and provide practice of the requisite skills in sequence.
 - c. The development of drill proficiency is a progressive process. The order in which the EOs are listed follow this progression. Instructors are advised to teach the EOs in the order they are listed.
5. **Complementary Material:** Complementary material associated with PO 108 is designed to provide additional opportunities for squadrons with an interest in drill to develop cadets' skills in this area, specifically:
 - a. EO C108.01 (Execute Supplementary Drill Movements), and
 - b. EO C108.02 (Participate in a Drill Competition).

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EO M108.01 – ADOPT THE POSITIONS OF ATTENTION, STAND AT EASE, AND STAND EASY

1. **Performance:** Adopt the Positions of Attention, Stand at Ease, and Stand Easy
2. **Conditions:**
 - a. Given:
 - (1) Words of command,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil
 - c. Environmental: Drill hall or outdoor parade square in favourable weather.
3. **Standard:** IAW A-DH-201-000/PT-001, *The Canadian Forces Manual of Drill and Ceremonial*, the cadet shall adopt the following individual drill positions, to include:
 - a. attention,
 - b. stand at ease,
 - c. attention from stand at ease,
 - d. stand easy, and
 - e. stand at ease from stand easy.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain, demonstrate and have the cadets adopt the position of attention.	Demonstration and Performance	5 min	A0-002 (pp. 2-1–2-3)
TP2	Explain, demonstrate and have the cadets adopt the position of stand at ease.	Demonstration and Performance	5 min	A0-002 (p. 2-3)
TP3	Explain, demonstrate and have the cadets adopt the position of attention from stand at ease.	Demonstration and Performance	5 min	A0-002 (pp. 2-3–2-4)
TP4	Explain, demonstrate and have the cadets adopt the position of stand easy.	Demonstration and Performance	5 min	A0-002 (p. 2-5)
TP5	Explain, demonstrate and have the cadets adopt the position of stand at ease from stand easy.	Demonstration and Performance	5 min	A0-002 (p. 2-6)

5. **Time:**

- | | | |
|----|--------------------------------|--------|
| a. | Introduction / Conclusion: | 5 min |
| b. | Demonstration and Performance: | 25 min |
| c. | Total: | 30 min |

6. **Substantiation:** A demonstration and performance was chosen for this lesson as it allows the instructor to explain and demonstrate the skill the cadets are expected to acquire while providing an opportunity for the cadets to practice the skill under supervision.

7. **References:** A0-002 A-DH-201-000/PT-001 Director History and Heritage 3-2. (2006). *The Canadian Forces manual of drill and ceremonial*. Ottawa, ON: Department of National Defence.

8. **Training Aids:** Presentation aids (eg, whiteboard / flip chart / OHP / multimedia projector) appropriate for the classroom / training area.

9. **Learning Aids:** Nil.

10. **Test Details:** Nil.

11. **Remarks:**

- a. It is recommended that ongoing feedback be provided to the cadets during drill practices, parade nights and ceremonial parades. All corrections shall be made immediately so that bad habits do not persist.
- b. Assistant instructors may be required for this lesson.

EO M108.02 – EXECUTE A SALUTE AT THE HALT WITHOUT ARMS

1. **Performance:** Execute a Salute at the Halt Without Arms
2. **Conditions:**
 - a. Given:
 - (1) Words of command,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil
 - c. Environmental: Drill hall or outdoor parade square in favourable weather.
3. **Standard:** IAW A-DH-201-000/PT-001, *The Canadian Forces Manual of Drill and Ceremonial*, the cadet shall execute a salute to the front, left and right at the halt without arms.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain, demonstrate and have the cadets execute a salute to the front.	Demonstration and Performance	15 min	A0-002 (pp. 2-10–2-11)
TP2	Explain, demonstrate and have the cadets execute a salute to the right and to the left.	Demonstration and Performance	10 min	A0-002 (pp. 2-11–2-12)

5. **Time:**
 - a. Introduction / Conclusion: 5 min
 - b. Demonstration and Performance: 25 min
 - c. Total: 30 min
6. **Substantiation:** A demonstration and performance was chosen for this lesson as it allows the instructor to explain and demonstrate the skill the cadets are expected to acquire while providing an opportunity for the cadets to practice the skill under supervision.
7. **References:** A0-002 A-DH-201-000/PT-001 Director History and Heritage 3-2. (2006). *The Canadian Forces manual of drill and ceremonial*. Ottawa, ON: Department of National Defence.
8. **Training Aids:** Presentation aids (eg, whiteboard / flip chart / OHP / multimedia projector) appropriate for the classroom / training area.
9. **Learning Aids:** Nil.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. It is recommended that ongoing feedback be provided to the cadets during drill practices, parade nights and ceremonial parades. All corrections shall be made immediately so that bad habits do not persist.

- b. Assistant instructors may be required for this lesson.

EO M108.03 – EXECUTE TURNS AT THE HALT

1. **Performance:** Execute Turns at the Halt
2. **Conditions:**
 - a. Given:
 - (1) Words of command,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil
 - c. Environmental: Drill hall or outdoor parade square in favourable weather.
3. **Standard:** IAW A-DH-201-000/PT-001, *The Canadian Forces Manual of Drill and Ceremonial*, the cadet shall execute turns at the halt, to include:
 - a. right turn,
 - b. left turn, and
 - c. about turn.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain, demonstrate and have the cadets execute a right turn.	Demonstration and Performance	10 min	A0-002 (pp. 2-12–2-13)
TP2	Explain, demonstrate and have the cadets execute a left turn.	Demonstration and Performance	5 min	A0-002 (p. 2-13)
TP3	Explain, demonstrate and have the cadets execute an about turn.	Demonstration and Performance	10 min	A0-002 (p. 2-13)

5. **Time:**
 - a. Introduction / Conclusion: 5 min
 - b. Demonstration and Performance: 25 min
 - c. Total: 30 min

6. **Substantiation:** A demonstration and performance was chosen for this lesson as it allows the instructor to explain and demonstrate the skill the cadets are expected to acquire while providing an opportunity for the cadets to practice the skill under supervision.
7. **References:** A0-002 A-DH-201-000/PT-001 Director History and Heritage 3-2. (2006). *The Canadian Forces manual of drill and ceremonial*. Ottawa, ON: Department of National Defence.
8. **Training Aids:** Presentation aids (eg, whiteboard / flip chart / OHP / multimedia projector) appropriate for the classroom / training area.
9. **Learning Aids:** Nil.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. It is recommended that ongoing feedback be provided to the cadets during drill practices, parade nights and ceremonial parades. All corrections shall be made immediately so that bad habits do not persist.
 - b. Assistant instructors may be required for this lesson.

EO M108.04 – CLOSE TO THE RIGHT AND LEFT

1. **Performance:** Close to the Right and Left
2. **Conditions:**
 - a. Given:
 - (1) Words of command,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil
 - c. Environmental: Drill hall or outdoor parade square in favourable weather.
3. **Standard:** IAW A-DH-201-000/PT-001, *The Canadian Forces Manual of Drill and Ceremonial*, the cadet shall close to the right and left.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain, demonstrate and have the cadets close to the right.	Demonstration and Performance	15 min	A0-002 (pp. 2-14–2-15)
TP2	Explain, demonstrate and have the cadets close to the left.	Demonstration and Performance	10 min	A0-002 (pp. 2-14–2-15)

5. **Time:**
 - a. Introduction / Conclusion: 5 min
 - b. Demonstration and Performance: 25 min
 - c. Total: 30 min
6. **Substantiation:** A demonstration and performance was chosen for this lesson as it allows the instructor to explain and demonstrate the skill the cadets are expected to acquire while providing an opportunity for the cadets to practice the skill under supervision.
7. **References:** A0-002 A-DH-201-000/PT-001 Director History and Heritage 3-2. (2006). *The Canadian Forces manual of drill and ceremonial*. Ottawa, ON: Department of National Defence.
8. **Training Aids:** Presentation aids (eg, whiteboard / flip chart / OHP / multimedia projector) appropriate for the classroom / training area.
9. **Learning Aids:** Nil.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. It is recommended that ongoing feedback be provided to the cadets during drill practices, parade nights and ceremonial parades. All corrections shall be made immediately so that bad habits do not persist.

- b. Assistant instructors may be required for this lesson.

EO M108.05 – EXECUTE PACES FORWARD AND TO THE REAR

1. **Performance:** Execute Paces Forward and to the Rear
2. **Conditions:**
 - a. Given:
 - (1) Words of command,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil
 - c. Environmental: Drill hall or outdoor parade square in favourable weather.
3. **Standard:** IAW A-DH-201-000/PT-001, *The Canadian Forces Manual of Drill and Ceremonial*, the cadet shall execute paces forward and to the rear.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain, demonstrate and have the cadets execute paces forward.	Demonstration and Performance	15 min	A0-002 (pp. 2-16–2-17)
TP2	Explain, demonstrate and have the cadets execute paces to the rear.	Demonstration and Performance	10 min	A0-002 (p. 2-17)

5. **Time:**
 - a. Introduction / Conclusion: 5 min
 - b. Demonstration and Performance: 25 min
 - c. Total: 30 min
6. **Substantiation:** A demonstration and performance was chosen for this lesson as it allows the instructor to explain and demonstrate the skill the cadets are expected to acquire while providing an opportunity for the cadets to practice the skill under supervision.
7. **References:** A0-002 A-DH-201-000/PT-001 Director History and Heritage 3-2. (2006). *The Canadian Forces manual of drill and ceremonial*. Ottawa, ON: Department of National Defence.
8. **Training Aids:** Presentation aids (eg, whiteboard / flip chart / OHP / multimedia projector) appropriate for the classroom / training area.
9. **Learning Aids:** Nil.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. It is recommended that ongoing feedback be provided to the cadets during drill practices, parade nights and ceremonial parades. All corrections shall be made immediately so that bad habits do not persist.

- b. Assistant instructors may be required for this lesson.

EO M108.06 – EXECUTE THE MOVEMENTS REQUIRED FOR A RIGHT DRESS

1. **Performance:** Execute the Movements Required for a Right Dress
2. **Conditions:**
 - a. Given:
 - (1) Words of command,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil
 - c. Environmental: Drill hall or outdoor parade square in favourable weather.
3. **Standard:** IAW A-DH-201-000/PT-001, *The Canadian Forces Manual of Drill and Ceremonial*, the cadet shall execute the movements required to dress (or dressing) a squad, to include:
 - a. right dress,
 - b. eyes front,
 - c. shoulder dressing, and
 - d. elbow dressing.

4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain, demonstrate and have the cadets execute a right dress.	Demonstration and Performance	10 min	A0-002 (pp. 2-18–2-20)
TP2	Explain, demonstrate and have the cadets execute an eyes front.	Demonstration and Performance	5 min	A0-002 (p. 2-20)
TP3	Explain, demonstrate and have the cadets execute a shoulder dressing.	Demonstration and Performance	5 min	A0-002 (p. 2-20)
TP4	Explain, demonstrate and have the cadets execute an elbow dressing.	Demonstration and Performance	5 min	A0-002 (p. 2-20)

5. **Time:**

- a. Introduction / Conclusion: 5 min
- b. Demonstration and Performance: 25 min
- c. Total: 30 min

6. **Substantiation:** A demonstration and performance was chosen for this lesson as it allows the instructor to explain and demonstrate the skill the cadets are expected to acquire while providing an opportunity for the cadets to practice the skill under supervision.
7. **References:** A0-002 A-DH-201-000/PT-001 Director History and Heritage 3-2. (2006). *The Canadian Forces manual of drill and ceremonial*. Ottawa, ON: Department of National Defence.
8. **Training Aids:** Presentation aids (eg, whiteboard / flip chart / OHP / multimedia projector) appropriate for the classroom / training area.
9. **Learning Aids:** Nil.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. It is recommended that ongoing feedback be provided to the cadets during drill practices, parade nights and ceremonial parades. All corrections shall be made immediately so that bad habits do not persist.
 - b. Assistant instructors may be required for this lesson.

EO M108.07 – EXECUTE AN OPEN ORDER AND CLOSE ORDER MARCH

1. **Performance:** Execute an Open Order and Close Order March
2. **Conditions:**
 - a. Given:
 - (1) Words of command,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil
 - c. Environmental: Drill hall or outdoor parade square in favourable weather.
3. **Standard:** IAW A-DH-201-000/PT-001, *The Canadian Forces Manual of Drill and Ceremonial*, the cadet shall execute an open order and close order march.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain, demonstrate and have the cadets execute an open order march.	Demonstration and Performance	15 min	A0-002 (p. 2-21)
TP2	Explain, demonstrate and have the cadets execute a close order march.	Demonstration and Performance	10 min	A0-002 (p. 2-21)

5. **Time:**
 - a. Introduction / Conclusion: 5 min
 - b. Demonstration and Performance: 25 min
 - c. Total: 30 min
6. **Substantiation:** A demonstration and performance was chosen for this lesson as it allows the instructor to explain and demonstrate the skill the cadets are expected to acquire while providing an opportunity for the cadets to practice the skill under supervision.
7. **References:** A0-002 A-DH-201-000/PT-001 Director History and Heritage 3-2. (2006). *The Canadian Forces manual of drill and ceremonial*. Ottawa, ON: Department of National Defence.
8. **Training Aids:** Presentation aids (eg, whiteboard / flip chart / OHP / multimedia projector) appropriate for the classroom / training area.
9. **Learning Aids:** Nil.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. It is recommended that ongoing feedback be provided to the cadets during drill practices, parade nights and ceremonial parades. All corrections shall be made immediately so that bad habits do not persist.

- b. Assistant instructors may be required for this lesson.

EO M108.08 – MARCH AND HALT IN QUICK TIME

1. **Performance:** March and Halt in Quick Time
2. **Conditions:**
 - a. Given:
 - (1) Words of command,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil
 - c. Environmental: Drill hall or outdoor parade square in favourable weather.
3. **Standard:** IAW A-DH-201-000/PT-001, *The Canadian Forces Manual of Drill and Ceremonial*, the cadet shall march and halt in quick time.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain, demonstrate and have the cadets march in quick time.	Demonstration and Performance	10 min	A0-002 (pp. 3-6–3-8)
TP2	Explain, demonstrate and have the cadets halt in quick time.	Demonstration and Performance	15 min	A0-002 (pp. 3-6–3-8)

5. **Time:**
 - a. Introduction / Conclusion: 5 min
 - b. Demonstration and Performance: 25 min
 - c. Total: 30 min
6. **Substantiation:** A demonstration and performance was chosen for this lesson as it allows the instructor to explain and demonstrate the skill the cadets are expected to acquire while providing an opportunity for the cadets to practice the skill under supervision.
7. **References:** A0-002 A-DH-201-000/PT-001 Director History and Heritage 3-2. (2006). *The Canadian Forces manual of drill and ceremonial*. Ottawa, ON: Department of National Defence.
8. **Training Aids:** Presentation aids (eg, whiteboard / flip chart / OHP / multimedia projector) appropriate for the classroom / training area.
9. **Learning Aids:** Nil.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. It is recommended that ongoing feedback be provided to the cadets during drill practices, parade nights and ceremonial parades. All corrections shall be made immediately so that bad habits do not persist.

- b. Assistant instructors may be required for this lesson.

EO M108.09 – EXECUTE MARK TIME, FORWARD AND HALT IN QUICK TIME

1. **Performance:** Execute Mark Time, Forward and Halt in Quick Time
2. **Conditions:**
 - a. Given:
 - (1) Words of command,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil
 - c. Environmental: Drill hall or outdoor parade square in favourable weather.
3. **Standard:** IAW A-DH-201-000/PT-001, *The Canadian Forces Manual of Drill and Ceremonial*, the cadet shall execute marking time and forward and halting in quick time from marking time.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain, demonstrate and have the cadets execute marking time.	Demonstration and Performance	10 min	A0-002 (pp. 3-15–3-17)
TP2	Explain, demonstrate and have the cadets execute forward from marking time.	Demonstration and Performance	10 min	A0-002 (pp. 3-15–3-17)
TP3	Explain, demonstrate and have the cadets execute halting in quick time from marking time.	Demonstration and Performance	5 min	A0-002 (p. 3-17)

5. **Time:**
 - a. Introduction / Conclusion: 5 min
 - b. Demonstration and Performance: 25 min
 - c. Total: 30 min

6. **Substantiation:** A demonstration and performance was chosen for this lesson as it allows the instructor to explain and demonstrate the skill the cadets are expected to acquire while providing an opportunity for the cadets to practice the skill under supervision.
7. **References:** A0-002 A-DH-201-000/PT-001 Director History and Heritage 3-2. (2006). *The Canadian Forces manual of drill and ceremonial*. Ottawa, ON: Department of National Defence.
8. **Training Aids:** Presentation aids (eg, whiteboard / flip chart / OHP / multimedia projector) appropriate for the classroom / training area.
9. **Learning Aids:** Nil.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. It is recommended that ongoing feedback be provided to the cadets during drill practices, parade nights and ceremonial parades. All corrections shall be made immediately so that bad habits do not persist.
 - b. Assistant instructors may be required for this lesson.

EO M108.10 – EXECUTE A SALUTE ON THE MARCH

1. **Performance:** Execute a Salute on the March
2. **Conditions:**
 - a. Given:
 - (1) Words of command,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil
 - c. Environmental: Drill hall or outdoor parade square in favourable weather.
3. **Standard:** IAW A-DH-201-000/PT-001, *The Canadian Forces Manual of Drill and Ceremonial*, the cadet shall execute a salute on the march.
4. **Teaching Points:** Explain, demonstrate and have the cadets execute a salute on the march.
5. **Time:**

a. Introduction / Conclusion:	5 min
b. Demonstration and Performance:	25 min
c. Total:	30 min
6. **Substantiation:** A demonstration and performance was chosen for this lesson as it allows the instructor to explain and demonstrate the skill the cadets are expected to acquire while providing an opportunity for the cadets to practice the skill under supervision.
7. **References:** A0-002 A-DH-201-000/PT-001 Director History and Heritage 3-2. (2006). *The Canadian Forces manual of drill and ceremonial*. Ottawa, ON: Department of National Defence.
8. **Training Aids:** Presentation aids (eg, whiteboard / flip chart / OHP / multimedia projector) appropriate for the classroom / training area.
9. **Learning Aids:** Nil.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. It is recommended that ongoing feedback be provided to the cadets during drill practices, parade nights and ceremonial parades. All corrections shall be made immediately so that bad habits do not persist.
 - b. Assistant instructors may be required for this lesson.

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EO M108.11 – PAY COMPLIMENTS WITH A SQUAD ON THE MARCH

1. **Performance:** Pay Compliments with a Squad on the March
2. **Conditions:**
 - a. Given:
 - (1) Words of command,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil
 - c. Environmental: Drill hall or outdoor parade square in favourable weather.
3. **Standard:** IAW A-DH-201-000/PT-001, *The Canadian Forces Manual of Drill and Ceremonial*, the cadet shall execute paying compliments with a squad on the march.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain, demonstrate and have the cadets execute eyes right (left) to pay compliments on the march.	Demonstration and Performance	15 min	A0-002 (pp.3-15 and 3-17)
TP2	Explain, demonstrate and have the cadets execute eyes front to pay compliments on the march.	Demonstration and Performance	10 min	A0-002 (pp.3-15 and 3-17)

5. **Time:**
 - a. Introduction / Conclusion: 5 min
 - b. Demonstration and Performance: 25 min
 - c. Total: 30 min
6. **Substantiation:** A demonstration and performance was chosen for this lesson as it allows the instructor to explain and demonstrate the skill the cadets are expected to acquire while providing an opportunity for the cadets to practice the skill under supervision.
7. **References:** A0-002 A-DH-201-000/PT-001 Director History and Heritage 3-2. (2006). *The Canadian Forces manual of drill and ceremonial*. Ottawa, ON: Department of National Defence.
8. **Training Aids:** Presentation aids (eg, whiteboard / flip chart / OHP / multimedia projector) appropriate for the classroom / training area.
9. **Learning Aids:** Nil.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. It is recommended that ongoing feedback be provided to the cadets during drill practices, parade nights and ceremonial parades. All corrections shall be made immediately so that bad habits do not persist.

- b. Assistant instructors may be required for this lesson.

EO M108.12 – PERFORM DRILL MOVEMENTS DURING AN ANNUAL CEREMONIAL REVIEW

1. **Performance:** Perform Drill Movements During an Annual Ceremonial Review
2. **Conditions:**
 - a. Given:
 - (1) Words of command,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil
 - c. Environmental: Drill hall or outdoor parade square in favourable weather.
3. **Standard:** IAW A-DH-201-000/PT-001, *The Canadian Forces Manual of Drill and Ceremonial*, the cadet shall participate in an ACR Parade.
4. **Teaching Points:** Supervise the cadets as they participate in an ACR Parade.
5. **Time:**
 - a. Practical Activity: 90 min
 - b. Total: 90 min
6. **Substantiation:** A practical activity was chosen for this lesson as it is an interactive way to allow the cadets to participate in an ACR parade.
7. **References:** A0-002 A-DH-201-000/PT-001 Director History and Heritage 3-2. (2006). *The Canadian Forces manual of drill and ceremonial*. Ottawa, ON: Department of National Defence.
8. **Training Aids:** Nil.
9. **Learning Aids:** Nil.
10. **Test Details:** These periods are to serve as a confirmation of the skills learned and practiced during the lessons associated with PO 108.
11. **Remarks:** There is no instructional guide for this EO.

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EO C108.01 – EXECUTE SUPPLEMENTARY DRILL MOVEMENTS

1. **Performance:** Execute Supplementary Drill Movements
2. **Conditions:**
 - a. Given:
 - (1) Words of command,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil
 - c. Environmental: Drill hall or outdoor parade square in favourable weather.
3. **Standard:** IAW A-DH-201-000/PT-001, *The Canadian Forces Manual of Drill and Ceremonial*, the cadet shall execute supplementary drill movements.
4. **Teaching Points:**
5. **Time:**
 - a. Demonstration and Performance: 180 min
 - b. Total: 180 min
6. **Substantiation:** A demonstration and performance was chosen for this lesson as it allows the instructor to explain and demonstrate the skill the cadets are expected to acquire while providing an opportunity for the cadets to practice the skill under supervision.
7. **References:** A0-002 A-DH-201-000/PT-001 Director History and Heritage 3-2. (2006). *The Canadian Forces manual of drill and ceremonial*. Ottawa, ON: Department of National Defence.
8. **Training Aids:** Nil.
9. **Learning Aids:** Nil.
10. **Test Details:** Nil
11. **Remarks:**
 - a. This EO is allotted up to six periods, which may be scheduled according to the requirements of the movement(s) to be taught and the needs of the corps.
 - b. Assistant instructors may be required for this lesson.
 - c. There is no instructional guide provided for this EO.

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EO C108.02 – PARTICIPATE IN A DRILL COMPETITION

1. **Performance:** Participate in a Drill Competition
2. **Conditions:**
 - a. Given:
 - (1) Words of command, and
 - (2) Supervision.
 - b. Denied: Assistance
 - c. Environmental: Drill hall or outdoor parade square in favourable weather.
3. **Standard:** The cadet, as a member of a drill team, shall participate in a drill competition.
4. **Teaching Points:** Using the compulsory sequence provided, have the cadets participate in a drill competition.
5. **Time:**
 - a. Practical Activity: 90 min
 - b. Total: 90 min
6. **Substantiation:** A practical activity was chosen for this lesson as it is an interactive way to allow the cadets to participate in a drill competition.
7. **References:** Nil.
8. **Training Aids:** Nil.
9. **Learning Aids:** Drill equipment, as required.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. Assistant instructors may be required for this lesson.
 - b. The competition shall be judged; however, the focus should be upon making the activity fun for the cadets.
 - c. In small cadet corps without adequate numbers to hold a formal competition, the corps may modify the competition according to their circumstances.

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SECTION 11

PO C111 – PARTICIPATE IN RECREATIONAL SUMMER BIATHLON ACTIVITIES

1. **Performance:** Participate in Recreational Summer Biathlon Activities
2. **Conditions:**
 - a. Given:
 - (1) Cadet air rifle,
 - (2) Cadet air rifle sling,
 - (3) Air rifle pellets,
 - (4) Biathlon air rifle target (BART),
 - (5) Target frame,
 - (6) Marksmanship mat,
 - (7) Safety glasses / goggles,
 - (8) Container to hold pellets,
 - (9) Supervision, and
 - (10) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental:
 - (1) Air rifle range constructed IAW Part 1, Section 8 of A-CR-CCP-177/PPT-001, *Canadian Cadet Movement: Cadet Marksmanship Program Reference Manual*, and
 - (2) Running route of approximately 250–500 m on level terrain.
3. **Standard:** The cadet will participate in summer biathlon activities, to include:
 - a. running a loop of 250–500m;
 - b. firing five to eight pellets in an effort to activate all five targets on the BART;
 - c. running a loop of 250–500m;
 - d. firing five to eight pellets in an effort to activate all five targets on the BART;
 - e. running a loop of 250–500m; and
 - f. crossing the finish line.
4. **Remarks:**
 - a. Cadets must have completed PO 106 (Fire the Cadet Air Rifle) prior to participating in recreational summer biathlon activities.
 - b. EO C111.01 (Participate in a Biathlon Briefing), EO C111.02 (Run Wind Sprints), and EO C111.03 (Fire the Cadet Air Rifle Following Physical Activity) must be completed prior to EO C111.04 (Participate in a Recreational Summer Biathlon Activity).

- c. Assistance may be given to cadets who have difficulty pumping the cadet air rifle.
- d. All range activities must be conducted by a Range Safety Officer (RSO).

5. **Complementary Material:**

- a. PO 111 (Participate in Recreational Summer Biathlon Activities) is a complementary package designed to provide an opportunity for the cadet to participate in summer biathlon activities.
- b. Complementary training in PO 111 is limited to a total of nine periods, which may be conducted during sessions or on a supported day.

EO C111.01 – PARTICIPATE IN A BIATHLON BRIEFING

1. **Performance:** Participate in a Biathlon Briefing
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall participate in a biathlon briefing, to include:
 - a. an introduction to biathlon, and
 - b. an introduction to competitive events within the Canadian Cadet Movement (CCM).
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Introduce biathlon, to include: a. the sport of biathlon, and b. the types of races.	Interactive Lecture	10 min	A0-036 (pp. 4-3-7 to 4-3-16) A0-036
TP2	Describe competitive events in the CCM, to include: a. stage 1: local corps / squadron, b. stage 2: zone, c. stage 3: provincial / territorial, and d. stage 4: national.	Interactive Lecture	15 min	A0-036 (pp. 4-2-1 to 4-3-6)

5. **Time:**
 - a. Introduction / Conclusion: 5 min
 - b. Interactive Lecture: 25 min
 - c. Total: 30 min
6. **Substantiation:** An interactive lecture was chosen for this lesson to introduce biathlon and provide an overview of the sport.
7. **References:**
 - a. A0-036 Cadets Canada. (n.d.). *Canadian cadet movement: Biathlon championship series*. Ottawa, ON: Department of National Defence.
 - b. C0-084 Biathlon Canada. (2003). *Biathlon Canada handbook*. Ottawa, ON: Biathlon Canada.

8. **Training Aids:** Presentation aids (eg, whiteboard / flip chart / OHP) appropriate for the classroom / training area.
9. **Learning Aids:** Nil.
10. **Test Details:** Nil.
11. **Remarks:** Nil.

EO C111.02 – RUN WIND SPRINTS

1. **Performance:** Run Wind Sprints
2. **Conditions:**
 - a. Given:
 - (1) Whistle,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Training area large enough to conduct short wind sprints.
3. **Standard:** The cadet shall:
 - a. participate in a warm-up;
 - b. run wind sprints; and
 - c. participate in a cool-down.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain how to prepare for summer biathlon activities, to include: a. clothing, to include: (1) the layering system, and (2) appropriate footwear, b. hydration, and c. nutrition.	Interactive Lecture	5 min	C0-078 C0-079
TP2	Describe running techniques, to include: a. pacing, b. posture / body alignment, and c. wind sprints.	Interactive Lecture	5 min	C0-080
TP3	Conduct a warm-up session, composed of light cardiovascular exercises, meant to: a. stretch the muscles; b. gradually increase respiratory action and heart rate; c. expand the muscles' capillaries to accommodate the increase in blood circulation; and d. raise muscle temperature to facilitate reactions in muscle tissue.	Practical Activity	5 min	C0-002 (pp. 109–113) C0-089

TP	Description	Method	Time	Refs
TP4	Supervise while the cadets run wind sprints.	Practical Activity	5 min	
TP5	Conduct a cool-down session, composed of light cardiovascular exercises, meant to: a. allow the body time to slowly recover from physical activity and to help prevent injury; b. prepare the respiratory and cardiovascular systems to return to their normal state; and c. stretch the muscles.	Practical Activity	5 min	C0-002 (pp. 109–113) C0-089

5. **Time:**

- | | |
|-------------------------------|--------|
| a. Introduction / Conclusion: | 5 min |
| b. Interactive Lecture: | 10 min |
| c. Practical Activity: | 15 min |
| d. Total: | 30 min |

6. **Substantiation:**

- a. An interactive lecture was chosen for TPs 1 and 2 to introduce cadets to the methods of preparing for a biathlon activity and running techniques.
- b. A practical activity was chosen for TPs 3–5 as it is an interactive way to introduce the cadets to running skills in a safe, and controlled environment. This activity contributes to the development of running skills and knowledge in a fun and challenging setting.

7. **References:**

- a. C0-002 ISBN 0-88962-630-8 LeBlanc, J. & Dickson, L. (1997). *Straight talk about children and sport: Advice for parents, coaches, and teachers*. Oakville, ON and Buffalo, NY: Mosaic Press.
- b. C0-057 Martha Jefferson Hospital. (2001). *Warm-ups*. Retrieved October 16, 2006, from <http://www.marthajefferson.org/warmup.php>
- c. C0-058 Webb Physiotherapists Inc. (n.d.). *Running exercises*. Retrieved October 26, 2006 from <http://www.physioline.co.za/conditions/article.asp?id=46>
- d. C0-059 Webb Physiotherapists Inc. (n.d.). *Exercises programme for squash, tennis, softball, handball*. Retrieved October 25, 2006 from <http://www.physioline.co.za/conditions/article.asp?id=49>
- e. C0-060 Impacto Protective Products Inc. (1998). *Exercises*. Retrieved October 25, 2006, from <http://www.2protect.com/work3b.htm>
- f. C0-061 City of Saskatoon, Community Services Department. (2006). *Stretch your limits: A smart guide to stretching for fitness*. Retrieved October 26, 2006, from <http://in-motion.ca/walkingworkout/plan/flexibility/>
- g. C0-078 Mountain Equipment Co-op. (2007). *Clothing info: Layering your clothing*. Retrieved February 12, 2007, from http://www.mec.ca/Main/content_text.jsp?FOLDER%3C%Efolder_id=2534374302881786&CONTENT%3C%Ecnt_id=10134198673220739&bmUID=1176745629068

- h. C0-079 REI. (2007). *Outdoor fitness expert advice*. Retrieved February 12, 2007, from <http://www.rei.com/online/store/LearnShareArticlesList?categoryId=Crosstrain>
 - i. C0-080 Cool Running. (2007). *Fitness & performance*. Retrieved February 12, 2007, from http://www.coolrunning.com/engine/2/2_1index.shtml
 - j. C0-089 ISBN 0-936070-22-6 Anderson, B. (2000). *Stretching: 20th anniversary* (Rev. ed.). Bolinas, CA: Shelter Publications, Inc.
 - k. C0-100 ISBN 0-662-44467-1 Health Canada. (2007). *Canada's food guide*. Ottawa, ON: Her Majesty the Queen in Right of Canada.
 - l. C0-147 The HealthCentral Network. (2007). *MyDietExcercise.com: Winds sprint your way to fitness*. Retrieved April 17, 2007, from <http://www.healthcentral.com/diet-exercise/fitness-survival-guides-81076-137.html>
 - m. C0-154 Hansen, B. (1999). *Moving on the spot: Fun and physical activity: A collection of 5 minute stretch and movement sessions*. Retrieved October 26, 2006, from <http://lin.ca/resource/html/dn3.htm#1>
8. **Training Aids:**
- a. Tape measure,
 - b. Whistle,
 - c. Stopwatch,
 - d. Samples of appropriate clothing, and
 - e. Samples of appropriate hydration and nutrition choices.
9. **Learning Aids:** Nil.
10. **Test Details:** Nil.
11. **Remarks:** Pictures of the clothing, hydration, and nutrition choices may be used in place of the actual items, if these items are not available.

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EO C111.03 – SIMULATE FIRING THE CADET AIR RIFLE FOLLOWING PHYSICAL ACTIVITY

1. **Performance:** Simulate Firing the Cadet Air Rifle Following Physical Activity
2. **Conditions:**
 - a. Given:
 - (1) Cadet air rifle,
 - (2) Cadet air rifle sling,
 - (3) Biathlon air rifle target (BART),
 - (4) Target frame,
 - (5) Marksmanship mat,
 - (6) Safety glasses / goggles,
 - (7) Supervision, and
 - (8) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Air rifle range constructed IAW Part 1, Section 8 of A-CR-CCP-177/PT-001.
3. **Standard:** The cadet shall simulate firing the cadet air rifle following physical activity.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Identify techniques to decrease heart rate prior to firing the cadet air rifle.	Interactive Lecture	5 min	C0-150 (p. 43)
TP2	Describe the Biathlon Air Rifle Target (BART).	Interactive Lecture	5 min	C0-151
TP3	Conduct a warm-up session composed of light cardiovascular exercises.	Practical Activity	5 min	C0-002 (pp. 109–113) C0-089
TP4	Conduct an activity where cadets will simulate firing the cadet air rifle following physical activity.	Practical Activity	5 min	
TP5	Conduct a cool-down session composed of light cardiovascular exercises.	Practical Activity	5 min	C0-002 (pp. 109–113) C0-089

5. **Time:**

a. Introduction / Conclusion:	5 min
b. Interactive Lecture:	10 min
c. Practical Activity:	15 min
d. Total:	30 min

6. **Substantiation:**

- a. An interactive lecture was chosen for TPs 1 and 2 to introduce techniques to decrease heart rate prior to firing the cadet air rifle at the BART.
- b. A practical activity was chosen for TPs 3–5 as it is an interactive way to allow the cadets to experience firing the cadet air rifle following physical activity in a safe and controlled environment.

7. **References:**

- a. A0-027 A-CR-CCP-177/PT-001 D Cdts 3. (2001). *Canadian cadet movement: cadet marksmanship program reference manual*. Ottawa, ON: Department of National Defence.
- b. C0-002 ISBN 0-88962-630-8 LeBlanc, J. & Dickson, L. (1997). *Straight talk about children and sport: Advice for parents, coaches, and teachers*. Oakville, ON and Buffalo, NY: Mosaic Press.
- c. C0-057 Martha Jefferson Hospital. (2001). *Warm-ups*. Retrieved October 26, 2006, from <http://www.marthajefferson.org/warmup.php>
- d. C0-058 Webb Physiotherapists Inc. (n.d.). *Running exercise*. Retrieved October 26, 2006 from <http://www.physioline.co.za/conditions/article.asp?id=46>
- e. C0-059 Webb Physiotherapists Inc. (n.d.). *Exercises programme for squash, tennis, softball, handball*. Retrieved October 25, 2006 from <http://www.physioline.co.za/conditions/article.asp?id=49>
- f. C0-060 Impacto Protective Products Inc. (1998). *Exercises*. Retrieved October 25, 2006, from <http://www.2protect.com/work3b.htm>
- g. C0-061 City of Saskatoon, Community Services Department. (2006). *Stretch your limits: A smart guide to stretching for fitness*. Retrieved October 26, 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>
- h. C0-089 ISBN 0-936070-22-6 Anderson, B. (2000). *Stretching: 20th anniversary* (Rev. ed.). Bolinas, CA: Shelter Publications, Inc
- i. C0-150 ISBN 0-88011-463-0 Nideffer, R. PhD. (1992). *Psyched to win: How to master mental skills to improve your physical performance*. Champaign, IL: Leisure Press.
- j. C0-151 Devin Manufacturing Incorporated. (2005). *Biathlon style airgun target*. Retrieved February 15, 2007 from <http://www.devinmfg.com/targets1.html>
- k. C0-154 Hansen, B. (1999). *Moving on the spot: Fun and physical activity: A collection of 5 minute stretch and movement sessions*. Retrieved October 26, 2006, from <http://lin.ca/resource/html/dn3.htm#l1>

8. **Training Aids:**

- a. Biathlon air rifle target (BART), and
- b. Stopwatch.

9. **Learning Aids:**

- a. Cadet air rifle,
- b. Cadet air rifle sling,
- c. Biathlon air rifle target (BART),
- d. Target frame,
- e. Marksmanship mat, and
- f. Safety glasses / goggles.

10. **Test Details:** Nil.

11. **Remarks:** Cadets must have completed PO 106 (Fire the Cadet Air Rifle) prior to participating in this lesson.

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EO C111.04 – PARTICIPATE IN A RECREATIONAL SUMMER BIATHLON ACTIVITY

1. **Performance:** Participate in a Recreational Summer Biathlon Activity
2. **Conditions:**
 - a. Given:
 - (1) Cadet air rifle,
 - (2) Cadet air rifle sling,
 - (3) Air rifle pellets,
 - (4) Biathlon air rifle target (BART),
 - (5) Target frame,
 - (6) Marksmanship mat,
 - (7) Safety glasses / goggles,
 - (8) Container to hold pellets,
 - (9) Supervision, and
 - (10) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental:
 - (1) Air rifle range constructed IAW Part 1, Section 8 of A-CR-CCP-177/PT-001, and
 - (2) Running route of approximately 250–500 m on level terrain.
3. **Standard:** The cadet shall participate in a recreational summer biathlon activity, to include:
 - a. running a loop of 250–500 m;
 - b. firing five to eight pellets in an effort to activate all five targets of the BART;
 - c. running a loop of 250–500 m;
 - d. firing five to eight pellets in an effort to activate all five targets of the BART;
 - e. running a loop of 250–500 m; and
 - f. crossing the finish line.
4. **Teaching Points:**
 - a. Conduct the activity briefing, to include:
 - (1) course layout,
 - (2) rules and regulations,
 - (3) scoring,
 - (4) penalties, and
 - (5) out-of-bounds areas.

- b. Conduct a warm-up session, composed of light cardiovascular activities, meant to:
 - (1) stretch the muscles;
 - (2) gradually increase respiratory action and heart rate;
 - (3) expand the muscles' capillaries to accommodate the increase in blood circulation; and
 - (4) raise muscle temperature to facilitate reactions in muscle tissue.
 - c. Conduct a recreational summer biathlon activity.
 - d. Conduct a cool-down session, composed of light cardiovascular activities, meant to:
 - (1) allow the body time to slowly recover from physical activity and to help prevent injury;
 - (2) prepare the respiratory and cardiovascular systems to return to their normal state; and
 - (3) stretch the muscles.
 - e. Conduct a debriefing to allow the cadets to share what they have learned from their experience.
 5. **Time:**

a. Introduction / Conclusion:	10 min
b. Experiential Learning:	170 min
c. Total:	180 min
 6. **Substantiation:** An experiential approach was chosen for this lesson as it allows the cadets to acquire new knowledge and skills through a direct experience. The cadets experience summer biathlon and define that experience on a personal level. The cadets will be given the opportunity to reflect on and examine what they saw, felt and thought while participating in summer biathlon and consider how it relates to what they already learned and experienced as well as how it will relate to future experiences.
 7. **References:**
 - a. A0-027 A-CR-CCP-177/PT-001 D Cdts 3. (2001). *Canadian cadet movement: cadet marksmanship program reference manual*. Ottawa, ON: Department of National Defence.
 - b. A0-032 Cadets Canada. (2002). *Biathlon competition rules and IBU / cadet disciplinary rules*. Ottawa, ON: Department of National Defence.
 - c. A0-036 Cadets Canada. (n.d.). *Canadian cadet movement: Biathlon championship series*. Ottawa, ON: Department of National Defence.
 - d. C0-002 ISBN 0-88962-630-8 LeBlanc, J. & Dickson, L. (1997). *Straight talk about children and sport: Advice for parents, coaches, and teachers*. Oakville, ON and Buffalo, NY: Mosaic Press.
 - e. C0-057 Martha Jefferson Hospital. (2001). *Warm-ups*. Retrieved October 26, 2006, from <http://www.marthajefferson.org/warmup.php>
 - f. C0-058 Webb Physiotherapists Inc. (n.d.). *Running exercises*. Retrieved October 26, 2006, from <http://www.physionline.co.za/conditions/article.asp?id=46>
 - g. C0-059 Webb Physiotherapists Inc. (n.d.). *Exercise programme for squash, tennis, softball, handball*. Retrieved October 25, 2006, from <http://www.physionline.co.za/conditions/article.asp?id=49>

- h. C0-060 Impacto Protective Products Inc. (1998). *Exercises*. Retrieved October 25, 2006, from <http://www.2protect.com/work3b.htm>
 - i. C0-061 City of Saskatoon, Community Services Department. (2006). *Stretch your limits: A smart guide to stretching for fitness*. Retrieved October 26, 2006, from <http://www.in-motion.ca/walkingworkout/plan/flexibility/>
 - j. C0-089 ISBN 0-936070-22-6 Anderson, B. (2000). *Stretching: 20th anniversary (Rev. ed.)*. Bolinas, CA: Shelter Publications, Inc.
 - k. C0-154 Hansen, B. (1999). *Moving on the spot: Fun and physical activity: A collection of 5 minute stretch and movement sessions*. Retrieved October 26, 2006, from <http://lin.ca/resource/html/dn3.htm#l1>
8. **Training Aids:**
- a. Local Range Standing Orders,
 - b. Biathlon score sheets,
 - c. Course control sheets,
 - d. Range recording sheets,
 - e. Notice board, and
 - f. Stop watches.
9. **Learning Aids:**
- a. Cadet air rifle,
 - b. Cadet air rifle sling,
 - c. Air rifle pellets,
 - d. Biathlon air rifle target (BART)
 - e. Target frame,
 - f. Marksmanship mat,
 - g. Safety glasses / goggles, and
 - h. Container to hold pellets.
10. **Test Details:** Nil.
11. **Remarks:**
- a. Results should be posted for cadets to review. PO 111 is a complementary training activity. It is designed to provide an opportunity for the cadets to participate in a recreational summer biathlon activity.
 - b. EO C111.01 (Participate in a Biathlon Briefing), EO C111.02 (Run Wind Sprints), EO C111.03 (Simulate Firing the Cadet Air Rifle Following Physical Activity) shall be taught prior to instructing this lesson.
 - c. The start and finish should be located in the same area, close to the firing point.

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SECTION 12

PO X20 – PARTICIPATE IN CAF FAMILIARIZATION ACTIVITIES

1. **Performance:** Participate in CAF Familiarization Activities
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Any.
3. **Standard:** The cadet will participate in CAF familiarization activities designed to stimulate an interest in the sea, land or air environments of the CAF, such as:
 - a. participate in a CAF activity;
 - b. participate in a CAF familiarization tour;
 - c. fire the C7 rifle;
 - d. participate in a mess dinner;
 - e. attend a CAF presentation;
 - f. attend a CAF commemorative ceremony;
 - g. participate in CAF familiarization video activities; and / or
 - h. participate in CAF familiarization learning stations.
4. **Remarks:**
 - a. The aim of this PO is to stimulate the interest of cadets in the sea, land and air activities of the CAF. Activities chosen for this training are not limited to those presented above but must be age appropriate, safe and in-line with the aim.
 - b. Two sessions (six periods) of mandatory training are allocated for this PO. Corps / squadrons may choose one or more of the above activities.
 - c. More time for these activities may be allocated from complementary training time.
 - d. Any of the activities can be combined. For example, cadets may attend a CAF presentation for two periods and watch a CAF familiarization video for one period.
 - e. Participation in an exercise with an affiliated unit or other CAF unit shall be IAW CATO 11-33, *Affiliated Unit Support and Canadian Forces Training*.
 - f. CAF exercises using pyrotechnics and blank ammunition shall be IAW CATO 14-48, *Use of Pyrotechnics and Blank Ammunition*.
 - g. Firing of the C7 rifle shall be IAW CATO 14-41, *Authorized Rifle Training*.
 - h. All mock tower activities shall be conducted IAW LCFO 22.01, *Parachuting*.
 - i. Participating in a rappelling activity shall be IAW CATO 45-03, *Military Rappel Training*.

- j. Activities should focus on hands-on / practical training with the CAF directly, such as participating in a CAF exercise; where that is not possible corps / squadrons may choose indirect familiarization activities, such as watching a CAF familiarization video.
5. **Complementary Material:** The complementary material associated with this PO is EO CX20.01 (Participate in CAF Familiarization Activities); it is designed to provide opportunities for cadets to participate in additional CAF familiarization activities.

EO MX20.01A – PARTICIPATE IN A CAF ACTIVITY

1. **Performance:** Participate in a CAF Activity
2. **Conditions:**
 - a. Given:
 - (1) Equipment as required by CAF staff,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Any.
3. **Standard:** The cadet shall participate in a CAF activity.
4. **Teaching Points:**
 - a. Provide the CAF staff with information about the cadets (eg, age) and ask them to leave time for questions and answers. Confirm if additional equipment is needed.
 - b. Brief the cadets on their expected behaviour during the activity.
 - c. Have the cadets prepare a thank-you card(s) for the CAF staff.
 - d. CAF staff will brief the cadets, to include:
 - (1) safety rules and regulations,
 - (2) description and characteristics of the equipment being used / activity being conducted,
 - (3) the procedures to be followed when:
 - (a) preparing to use equipment / participate in an activity;
 - (b) using equipment / participating in an activity; and
 - (c) upon completion of using the equipment / participating in the activity; and
 - (4) any other pertinent information.
 - e. Have the cadets participate in the CAF activity.
 - f. Debrief the cadets. Ideally this will be done by the CAF staff who were involved in the activity and should include:
 - (1) how the cadets felt about the activity,
 - (2) a question and answer period, and
 - (3) having a cadet (or cadets) thank the staff on behalf of all cadets and present the thank-you card(s).

5. **Time:** Up to two sessions (six periods) of mandatory training are allocated for this EO, with the option of adding complementary training time.
6. **Substantiation:** A practical activity was chosen for this lesson as it is a fun way to build on the cadets' knowledge of the CAF.
7. **References:** Nil.
8. **Training Aids:** Nil.
9. **Learning Aids:** Materials for making thank-you cards.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. Examples of CAF activities include:
 - (1) CAF exercise,
 - (2) Royal Canadian Navy (RCN) ship day sails,
 - (3) CAF equipment displays / rides (eg, armoured vehicles, aircraft and ships),
 - (4) small arms trainer,
 - (5) simulator,
 - (6) CAF mock tower familiarization,
 - (7) CAF rappelling, and
 - (8) CAF confidence course.
 - b. Activities shall be chosen based on human and material resources available to the corps / squadron.
 - c. There is no instructional guide for this EO.
 - d. Participation in activities with affiliated / CAF units shall be IAW CATO 11-33, *Affiliated Unit Support and Canadian Forces Training*.
 - e. CAF activities that use pyrotechnics and blank ammunition shall be IAW CATO 14-48, *Use of Pyrotechnics and Blank Ammunition*.
 - f. Participating in a rappelling activity shall be IAW CATO 45-03, *Military Rappel Training*.
 - g. Mock Tower activities shall be conducted IAW LFCO 22.01, *Parachuting*.
 - h. Participation in a CAF confidence course will be as per the standing orders of the unit in charge of the confidence course.

EO MX20.01B – PARTICIPATE IN A CAF FAMILIARIZATION TOUR

1. **Performance:** Participate in a CAF Familiarization Tour
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Any.
3. **Standard:** The cadet shall participate in a CAF familiarization tour.
4. **Teaching Points:**
 - a. Provide the tour guide information about their audience (the cadets), including any particular interests that may be applicable. Ask the tour guide to leave time for questions and answers. It may be helpful to have the cadets generate a list of what they would like to know or questions for the tour guide in advance.
 - b. Conduct a briefing by describing:
 - (1) the facility / site,
 - (2) the significance of the facility / site, and
 - (3) the expected behaviour during the tour.
 - c. Have the cadets prepare a thank-you card for the facility / tour guide.
 - d. Have the tour guide:
 - (1) describe aspects of the facility / site during the tour, and
 - (2) facilitate a question-and-answer period.
 - e. Have a cadet(s) thank the facility / tour guide on behalf of all cadets and present the thank-you card.
 - f. Have the cadets reflect on what they have learned. Potential activities include:
 - (1) Highlights. Have the cadets individually list the three most interesting or surprising things they have learned from the tour. Have the cadets discuss these highlights with a partner or in small groups. If time permits, invite cadets to share highlights with the larger group.
 - (2) Journal. Have the cadets write a journal entry about the tour.
 - (3) Visual representation. Have the cadets create a visual representation of their experience.

5. **Time:** Up to two sessions (6 periods) of mandatory training time, with the option of adding complementary training time.
6. **Substantiation:** A field trip was chosen for this lesson as it is a fun and interactive way to build on the cadets' knowledge of the CAF.
7. **References:** Nil.
8. **Training Aids:** Nil.
9. **Learning Aids:** Thank-you card materials.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. Examples of facilities / sites include:
 - (1) Canadian Forces Base (CFB) or Station,
 - (2) museum,
 - (3) affiliated unit,
 - (4) war memorial,
 - (5) Royal Canadian Navy (RCN) Ship or equipment,
 - (6) Royal Canadian Air Forces (RCAF) planes or equipment, and
 - (7) Canadian Army equipment.
 - b. Activities shall be chosen based on human and material resources available to the corps / squadron.
 - c. This EO may be conducted with the entire corps / squadron. Training should be progressive and not repeated over subsequent years.
 - d. There is no instructional guide for this EO.
 - e. Complementary training time may be allotted to this EO to allow for more time during a single tour or to conduct more than one tour.

EO MX20.01C – FIRE THE C7 RIFLE

1. **Performance:** Fire the C7 Rifle

2. **Conditions:**

a. Given:

- (1) C7 rifle,
- (2) 25 rounds of 5.56-mm ammunition,
- (3) Magazines,
- (4) Marksmanship target,
- (5) Target frame,
- (6) 5.56-mm dummy rounds,
- (7) Hearing protectors,
- (8) Marksmanship mat,
- (9) Cleaning kit,
- (10) Supervision, and
- (11) Assistance as required.

b. Denied: Nil.

c. Environmental: Small arms range, during daylight hours, in favourable weather conditions.

3. **Standard:** The cadet shall fire, at a range of 100 m, 25 rounds using the C7 rifle.

4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain safety rules and regulations pertaining to the C7 rifle, to include: a. always completing a safety check when picking up or being handed a rifle; b. always controlling the rifle when holding it; c. always treating the rifle as if it were loaded; d. always having the fire control selector to 'S' (safe) when the rifle is cocked; and e. never touching the trigger unless firing on a range.	Interactive Lecture	5 min	para 7. (pp. 28–30)

TP	Description	Method	Time	Refs
TP2	Identify the following parts of the C7 rifle: a. upper receiver group, to include: (1) upper receiver, to include: (a) carrying handle, (b) ejection port, (c) ejection port cover, (d) spent casing deflector, (e) forward assist, and (f) front and rear sights; (2) barrel, to include: (a) flash suppressor, and (b) hand guards; (3) bolt and cocking handle; and b. lower receiver group, to include: (1) lower receiver, to include: (a) trigger, (b) trigger guard, (c) pistol grip, (d) fire control selector, (e) bolt catch, (f) magazine, and (g) magazine release; and (2) butt and butt plate.	Interactive Lecture	10 min	para 7. (p. 19, pp. 27–28)
TP3	Explain the following characteristics of the C7 rifle: a. calibre, b. weight, c. length, d. modes of fire, e. operation, f. effective range, g. sights, and h. magazine capacity.	Interactive Lecture	5 min	para 7. (p. 20, p. 27)

TP	Description	Method	Time	Refs
TP4	Explain, demonstrate and have the cadet practice completing an individual safety check by: a. adopting the standing load position; b. pulling the cocking handle to the rear; c. engaging the bolt catch; d. tilting the rifle; e. inspecting the chamber; f. ensuring the rifle is clear; g. pulling the cocking handle fully to the rear; h. allowing the action to go forward under control; i. striking the forward assist; j. firing the rifle; k. closing the ejection port cover; and l. laying down the rifle with the ejection port cover facing up.	Demonstration and Performance	15 min	para 7. (pp. 28–29)
TP5	Have the cadet practice holding the C7 rifle in the prone position by: a. adopting the prone position; b. picking up the rifle; c. placing the butt of the rifle into the right (left) shoulder; d. placing the left (right) hand on the hand guard; e. holding the pistol grip with the right (left) hand; f. placing the right (left) cheek naturally on the butt; and g. looking through the front and rear sights with the aiming eye.	Performance	5 min	para 7. (pp. 59–60)
TP6	Explain and demonstrate aiming the C7 rifle by looking through the front and rear sights.	Demonstration	5 min	para 7. (p. 61)

TP	Description	Method	Time	Refs
TP7	Explain, demonstrate and have the cadet practice the following actions when given the command LOAD: - Pick up a magazine. - Check to see if the rounds are positioned correctly. - Push the magazine firmly into the magazine housing. - Check that the magazine is secure by pulling downwards. - Return the hand to hold the rifle. Note: The cadets must be briefed on how to differentiate between live and dummy rounds.	Demonstration and Performance	10 min	para 7. (pp. 52–53)
TP8	Explain, demonstrate and have the cadet practice the following actions when given the command READY or RANGE: - Check the front and rear sights to ensure they are set correctly. - Cock the rifle. - Strike the forward assist. - Close the ejection port cover. - Ensure the fire control selector is on 'S' (safe). - Return the hand to hold the rifle.	Demonstration and Performance	5 min	para 7. (p. 53)
TP9	Explain, demonstrate and have the cadet practice the following actions when given the command FIRE: - Set the fire control selector to 'R' (repetition). - Fire all rounds in the magazine. - Change magazines as required.	Demonstration and Performance	5 min	para 7. (p. 53)

TP	Description	Method	Time	Refs
TP10	Explain, demonstrate and have the cadet practice the following actions when given the command UNLOAD: a. Set the fire control selector to 'S' (safe). b. Remove the magazine. c. Cock the rifle twice. d. Pull the cocking handle to the rear. e. Engage the bolt catch. f. Tilt the rifle to the left. g. Wait to be cleared by the Range Safety Officer (RSO). h. Receive the command CLEAR from the RSO. i. Disengage the bolt catch. j. Strike the forward assist. k. Set the fire control selector to 'R' (repetition). l. Fire the rifle. m. Close the ejection port cover. n. Lay down the rifle.	Demonstration and Performance	10 min	para 7. (p. 53)
TP11	Explain, demonstrate and have the cadet practice the following actions when given the command CEASE FIRE: a. Set the fire control selector to 'S' (safe). b. Wait for further command.	Demonstration and Performance	5 min	para 7. (p. 70)

TP	Description	Method	Time	Refs
TP12	Explain, demonstrate and have the cadet practice the following immediate actions: a. When the bolt is at the rear: (1) check for an empty magazine and change as required; (2) disengage the bolt catch; (3) strike the forward assist; and (4) continue firing. b. When the bolt is fully forward: (1) ensure the magazine is seated properly and locked in place; (2) cock the rifle while watching for a round or empty casing to eject; (3) where a round ejects: (a) strike the forward assist; and (b) continue firing; and (4) where a round does not eject: (a) attempt to continue firing; and (b) if required, request assistance. c. When the bolt is partially forward: (1) cock the rifle; (2) engage the bolt catch; (3) examine the chamber of the rifle; (4) remove the magazine if a live round or empty casing is in the chamber; (5) clear the obstruction; (6) replace the magazine; (7) disengage the bolt catch; (8) strike the forward assist; and (9) continue firing.	Demonstration and Performance	15 min	para 7. (pp. 88–89)
TP13	Have the cadet participate in a mock range activity, to include: a. performing firing drills; and b. executing range commands. Note: The handling test will be started during this TP. Where extra time is required, the handling test may also be completed during TP 17.	Practical Activity	30 min	

TP	Description	Method	Time	Refs
TP14	Explain and demonstrate field stripping the C7 rifle by: a. carrying out an individual safety check (without operating the trigger); b. ensuring the fire control selector is set to 'S' (safe); c. unlocking the upper receiver by pushing / pulling the takedown pin; d. pulling the cocking handle partially to the rear; e. removing the bolt; f. pushing the cocking handle fully forward; g. laying down the rifle; h. removing the bolt from the bolt carrier; and i. laying down the bolt and bolt carrier. Note: The cadet will field strip the rifle prior to cleaning it in TP 17.	Demonstration	5 min	para 7. (p. 37)
TP15	Explain and demonstrate cleaning the C7 rifle after a range practice, to include: a. chamber, b. flash suppressor, c. barrel, d. bolt and carrier, e. upper receiver, f. lower receiver, and g. butt and hand guards. Note: The cadet will clean the C7 after firing in TP 17.	Demonstration	5 min	para 7. (pp. 40–43)

TP	Description	Method	Time	Refs
TP16	Explain and demonstrate assembling the C7 rifle by: - replacing the bolt in the bolt carrier; - pulling the cocking handle partially to the rear; - placing the bolt in the rifle; - pushing the cocking handle fully forward; - ensuring the fire control selector is set to 'S' (safe); - locking the upper receiver with the takedown pin; and - completing the function test by: - cocking the rifle; - attempting to fire with the fire control selector at 'S' (safe); - setting the fire control selector to 'R' (repetition); - firing the action; - cocking the action while holding in on the trigger; - releasing the trigger (after hearing the hammer fall); - firing the action; - setting the fire control selector to 'AUTO' (automatic); - firing the action; - cocking the action while holding in on the trigger; - releasing the trigger (after hearing the hammer fall); - returning the fire control selector to 'R' (repetition); and - closing the ejection port cover. Note: The cadet will assemble the C7 rifle after cleaning it in TP 17.	Demonstration	5 min	para 7. (p. 38)
TP17	Have the cadet fire 25 rounds with the C7 rifle.	Practical Activity	130 min	

5. **Time:** 320 min (Both mandatory sessions [6 periods] and at least three complementary sessions [9 periods] will be required to complete this training).
6. **Substantiation:**
 - a. An interactive lecture was chosen for TPs 1–3 to present background information and give direction on procedures.
 - b. A demonstration and performance was chosen for TPs 4 and 7–12 as it allows the instructor to explain and demonstrate how to complete a safety check and the actions in response to range commands while providing an opportunity for the cadet to practice under supervision.
 - c. A performance was chosen for TP 5 as it allows the cadet to practice handling the C7 rifle in a controlled environment.
 - d. A demonstration was chosen for TPs 6 and 14–16 as it allows the instructor to explain and demonstrate aiming a C7 rifle as well as the procedures required for stripping, cleaning and assembling the C7 rifle.
 - e. A practical activity was chosen for TPs 13 and 17 as it is an interactive way for the cadet to practice and experience range procedures and develop marksmanship skills and knowledge in a safe and controlled environment.
7. **References:** B-GL-317-018/PT-001 Canadian Forces. (1987). *Weapons: The rifle 5.56 mm C7 and the carbine 5.56 mm C8* (Vol. 18). Ottawa, ON: Department of National Defence.
8. **Training Aids:**
 - a. Presentation aids (eg, whiteboard / flip chart / OHP / multimedia projector) appropriate for the classroom / training area,
 - b. C7 rifle,
 - c. 5.56-mm ammunition,
 - d. Magazines,
 - e. Marksmanship target,
 - f. Target frame,
 - g. 5.56-mm dummy rounds,
 - h. Hearing protectors,
 - i. Marksmanship mats,
 - j. First aid kit,
 - k. Stretcher,
 - l. Cell phone / radio,
 - m. Folding tables,
 - n. Empty sandbags,
 - o. Green and red flags,
 - p. Target patches,
 - q. Range standing orders,

- r. Cleaning kits,
- s. C7 rifle handling test, and
- t. Pen / pencil.

9. **Learning Aids:**

- a. C7 rifle,
- b. 5.56-mm ammunition,
- c. Magazines,
- d. Marksmanship target,
- e. Target frame,
- f. 5.56-mm dummy rounds,
- g. Hearing protectors,
- h. Marksmanship mat,
- i. Cleaning kit, and
- j. C7 rifle handling test.

10. **Test Details:** Nil.

11. **Remarks:**

- a. Each cadet must successfully complete a C7 Rifle Handling Test prior to firing the rifle on a small arms range.
- b. The cleaning kit contains the following:
 - (1) a case,
 - (2) a four-piece rod,
 - (3) a swab holder,
 - (4) a bore brush,
 - (5) a chamber brush,
 - (6) a bolt key brush,
 - (7) a container of cleaner, lubricant, preservative (CLP),
 - (8) pipe cleaners, and
 - (9) swabs (38 mm by 50 mm).
- c. All familiarization firing must be led by a Large Bore Range Safety Officer (RSO [LB]). Consult and adhere to the policies outlined in CATO 14-41, *Authorized Rifle Training*.
- d. The firing shall be familiarization and shall include an inspection of targets at least once throughout the 25 rounds to allow the cadets to make adjustments if inclined to do so.
- e. Assistant instructors are required for this lesson.

- f. Where butts are being used, time shall be spent instructing the cadets on their operation and the following equipment is required:
 - (1) helmets,
 - (2) pointers, and
 - (3) communication devices.
- g. Additional complementary training time may be allotted to this EO to allow for more time during the activity.

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EO MX20.01D – PARTICIPATE IN A MESS DINNER

1. **Performance:** Participate in a Mess Dinner
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Any.
3. **Standard:** The cadet shall participate in a mess dinner.
4. **Teaching Points:**
 - a. Conduct a mess dinner ensuring that the protocols and procedures are followed, to include:
 - (1) pre-dinner gathering,
 - (2) mess call,
 - (3) arrival of the head table,
 - (4) dinner,
 - (5) passing of the port,
 - (6) loyal toast,
 - (7) marches,
 - (8) speeches, and
 - (9) departure of the head table.
 - b. Following the dinner, have the cadets reflect on their experience. This could include having each cadet sign a guest book with a comment about the dinner.
5. **Time:** One session (3 periods) = 90 min
6. **Substantiation:** A practical activity was chosen for this lesson as it an interactive way to allow cadets to experience a mess dinner in a safe, controlled environment. This activity is an interactive way to build on the cadets' knowledge of the CAF.
7. **References:**
 - a. A-CR-050-801/PH-001 Directorate of Cadets 6. (2009). *Training plan DP1 Cadet Instructors Cadre: Basic Officer Training Course*. Ottawa, ON: Department of National Defence.
 - b. A-AD-200-000/AG-000 Director Honours and Recognition. (1999). *The honours, flags and heritage structure of Canadian Forces*. Ottawa, ON: Department of National Defence.
 - c. A-AD-262-000/AG-000 Director of Physical Education, Recreation and Amenities. (1984). *Mess administration*. Ottawa, ON: Department of National Defence.
 - d. CFACM 1-900 Air Command. (2007). *Air command mess dinner procedures*. Ottawa, ON: Department of National Defence.

- e. HMCS Queen Regina's Naval Reserve Division. (2009). *Chief Petty Officers & Petty Officers mess dinner naval customs*. Retrieved April 28, 2009, from <http://www.hmcsqueen.ca/cpomessdinner.pdf>.
- f. Love, D.W. (1990). *Manual of Canadian naval etiquette*. Victoria, BC: VENTURE, The Naval Officer Training Centre.
- g. ReadyAyeReady (2009). *Naval Toasts of the Day – Customs and Traditions: Naval toasts of the day*. Retrieved April 1, 2009 from <http://www.readyayeready.com/tradition/naval-toasts-of-theday.htm>

8. **Training Aids:**

- a. Cadet Mess Dinner pamphlet,
- b. Role of the President of the Mess Committee (PMC) handout,
- c. Role of the Vice-President of the Mess Committee (VPMC) handout, and
- d. Organize a Mess Dinner Aide-Memoire.

9. **Learning Aids:**

- a. Cadet Mess Dinner pamphlet,
- b. Role of the President of the Mess Committee (PMC) handout, and
- c. Role of the Vice-President of the Mess Committee (VPMC) handout.

10. **Test Details:** Nil.

11. **Remarks:**

- a. Where possible, all roles should be filled by cadets.
- b. There are numerous leadership opportunities for cadets when conducting a mess dinner:
 - (1) Phase Five / Master Cadet / Proficiency Level Five cadets may plan, prepare and conduct the mess dinner as a leadership project IAW PO 503 (Lead Cadet Activities); and
 - (2) Phase Three / Silver Star / Proficiency Level Three, Phase Four / Gold Star / Proficiency Level Four, and Phase Five / Master Cadet / Proficiency Levels Five cadets may complete leadership assignments such as acting as the Mess President and the Mess Vice-Presidents IAW POs 303 (Perform the Role of a Team Leader), 403 (Act as a Team Leader), and 503 (Lead Cadet Activities).
- c. The organization of the mess dinner shall be based on human and material resources available to the corps / squadron.

EO MX20.01E – ATTEND A CAF PRESENTATION

1. **Performance:** Attend a CAF Presentation
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall attend a CAF presentation.
4. **Teaching Points:**
 - a. Provide the guest speaker information about their audience (the cadets), including any particular interests that may be applicable. Ask the guest speaker to leave time for questions and answers. It may be helpful to have the cadets generate a list of what they would like to know or questions for the guest speaker in advance.
 - b. Have the guest speaker provide any information they may wish to have included in their introduction.
 - c. Collaborate with the guest speaker to provide them with any materials they may require (eg, projector, television, DVD player, microphone) and set up the room to suit their needs.
 - d. Acquire a bottle of water and have the cadets prepare a thank-you card for the guest speaker.
 - e. Arrange for a cadet(s) to introduce the guest speaker and for a cadet(s) to thank and present the card to the guest speaker.
 - f. Have a cadet(s) welcome the guest speaker upon arrival, provide them with the bottle of water and assist them with any final preparation details, such as set-up of visual aids and orientation to the presentation room.
 - g. Have a cadet(s) introduce the guest speaker.
 - h. Have the cadets participate in the presentation, to include:
 - (1) listening to the guest speaker's presentation; and
 - (2) a question-and-answer period.
 - i. Have a cadet(s) thank the guest speaker on behalf of all cadets and present the thank-you card.
 - j. After the guest speaker departs, have the cadets reflect on what they have learned. Potential activities include:
 - (1) Highlights. Have the cadets individually list the three most interesting or surprising things they have learned from the tour. Have the cadets discuss these highlights with a partner or in small groups. If time permits, invite cadets to share highlights with the larger group.
 - (2) Journal. Have the cadets write a journal entry about the presentation.
 - (3) Visual representation. Have the cadets create a visual representation of their experience.

5. **Time:** One session (3 periods) = 90 min.
6. **Substantiation:** An interactive lecture was chosen for this lesson as it is a fun and interactive way to build on the cadets' knowledge of the CAF.
7. **References:** Nil.
8. **Training Aids:**
 - a. Bottle of water, and
 - b. Any materials required by the guest speaker.
9. **Learning Aids:** Thank-you card materials.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. Examples of presenters include:
 - (1) current CAF member,
 - (2) former CAF member,
 - (3) veteran,
 - (4) member of the Royal Canadian Legion, and
 - (5) historian.
 - b. The Dominion Institute Speakers Bureau is a national program that arranges for veterans to visit schools and community groups year-round to share their personal stories and reflections. Visit www.thememoryproject.com for further information.
 - c. The Department of National Defence has a National Veterans' Week Speakers Program each fall that arranges for CAF members to visit and talk about their experiences in uniform.
 - d. The Royal Canadian Air Force Speakers Bureau has members available who are experts in the field of military aviation. Their speakers include pilots, search and rescue and members who provide relief after natural disasters and dedicated professionals who defend Canada and Canadian interests. Visit the Air Force website (www.rcaf-arc.forces.gc.ca) for further information.
 - e. Local branches of the Royal Canadian Legion may be able to connect corps / squadrons with local veterans who are available for speaking engagements with youth.
 - f. If a guest speaker is unable to attend in person, consider showing a veteran interview video. Veterans Affairs Canada's Heroes Remember collection features a searchable database with a wide selection of on-line interviews with veterans from across Canada. Visit the Veterans Affairs Canada website (www.veterans.gc.ca) for additional information.
 - g. There is no instructional guide for this EO.
 - h. Complementary training time may be allotted to this EO to allow for multiple presentations throughout the training year.

EO MX20.01F – ATTEND A CAF COMMEMORATIVE CEREMONY

1. **Performance:** Attend a CAF Commemorative Ceremony
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Any.
3. **Standard:** The cadet shall attend a CAF commemorative ceremony.
4. **Teaching Points:**
 - a. Conduct a briefing by describing:
 - (1) dates and significance of the event being commemorated,
 - (2) Canada's role in the event,
 - (3) format for the ceremony,
 - (4) any additional information the cadets require prior to attending the ceremony (eg, dress).
 - b. Have the cadets attend the CAF commemorative ceremony.
 - c. After the ceremony, have the cadets reflect on what they have learned. Potential activities include:
 - (1) Highlights. Have the cadets individually list the three most interesting or surprising things they have learned from the ceremony. Have the cadets discuss these highlights with a partner or in small groups. If time permits, invite cadets to share highlights with the larger group.
 - (2) Journal. Have the cadets write a journal entry about the ceremony.
 - (3) Visual representation. Have the cadets create a visual representation of their experience.
5. **Time:** Up to two sessions (6 periods) of mandatory training time, with the option of adding complementary training time.
6. **Substantiation:** A field trip was chosen for this lesson as it is a fun and interactive way to build on the cadets' knowledge of the CAF.
7. **References:** Dependant on the ceremony.
8. **Training Aids:** Dependant on the ceremony.
9. **Learning Aids:** Dependant on the ceremony.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. Examples of CAF commemorative ceremonies include:
 - (1) Remembrance Day,
 - (2) Battle of the Atlantic,

(3) Battle of Vimy Ridge, and

(4) Battle of Britain.

- b. There is no instructional guide for this EO.
- c. Complementary training time may be allotted to this EO to allow for multiple ceremonies throughout the training year.

EO MX20.01G – PARTICIPATE IN CAF FAMILIARIZATION VIDEO ACTIVITIES

1. **Performance:** Participate in CAF Familiarization Video Activities
2. **Conditions:**
 - a. Given:
 - (1) Television and DVD player / laptop and projector,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Any.
3. **Standard:** The cadet shall watch a CAF familiarization video.
4. **Teaching Points:**
 - a. Conduct a briefing by describing:
 - (1) the significance of the video being watched,
 - (2) the role of the CAF in the video, and
 - (3) details of the video (eg, anything to watch for, questions to answer).
 - b. Have the cadets watch the video.
 - c. Conduct a debriefing and have the cadets reflect on what they saw and how it affected their perceptions of the CAF.
5. **Time:** One session (3 periods) = 90 min.
6. **Substantiation:** An in-class activity was chosen for this lesson as it is a fun and interactive way to build on the cadets' knowledge of the CAF.
7. **References:**
 - a. DVD Video Chadderton, H. C. (Producer) (2000). *A War Of Their Own: The Canadians in Sicily and Italy*. Ontario: The War Amps of Canada.
 - b. DVD Video Chadderton, H. C. (Producer) (2005). *The Boys of Kelvin High: Canadians in Bomber Command*. Ontario: The War Amps of Canada.
 - c. DVD Video (2010). *The International Fleet Reviews of The Canadian Navy Centennial 2010*. Canada: Department of National Defence.
 - d. DVD Video Gimblett, R. H. (Author) (2004). *Operation Apollo: The Canadian Navy in the War Against Terrorism – 2001-2003*. Canada: Magic Light Publishing.
 - e. DVD Video Guilmain, C. (Director) (2012). *The Van Doos in Afghanistan*. National Film Board of Canada.
8. **Training Aids:**
 - a. Television and DVD player / laptop and projector, and
 - b. Video question pages.

9. **Learning Aids:**

- a. Pen / Pencil, and
- b. Video question pages.

10. **Test Details:** Nil.

11. **Remarks:**

- a. Corps / squadrons can choose any CAF-related video or acquire any video from the list provided.
 - (1) *A War Of Their Own – The Canadians in Sicily and Italy – Part 1* (60 minutes),
 - (2) *A War Of Their Own – The Canadians in Sicily and Italy – Part 2* (60 minutes),
 - (3) *Operation Apollo – The Canadian Navy in the War Against Terrorism, 2001-2003* (30 minutes),
 - (4) *The Boys of Kelvin High – Canadians in Bomber Command – Part 1* (60 minutes),
 - (5) *The Boys of Kelvin High – Canadians in Bomber Command – Part 2* (60 minutes),
 - (6) *The Van Doos in Afghanistan* (45 minutes), and
 - (7) *The International Fleet Reviews of The Canadian Navy Centennial 2010* (22 minutes).
- b. There are potential leadership opportunities for cadets when conducting CAF Familiarization video activities:
 - (1) Phase Five / Master Cadet / Proficiency Level Five cadets may plan, prepare and conduct the session as a leadership project IAW PO 503 (Lead Cadet Activities); and
 - (2) Phase Three / Silver Star / Proficiency Level Three, Phase Four / Gold Star / Proficiency Level Four, and Phase Five / Master Cadet / Proficiency Levels Five cadets may complete leadership assignments IAW POs 303 (Perform the Role of a Team Leader), 403 (Act as a Team Leader), and 503 (Lead Cadet Activities), such as leading a CAF Familiarization video activity.

EO MX20.01H – PARTICIPATE IN CAF FAMILIARIZATION LEARNING STATIONS

1. **Performance:** Participate in CAF Familiarization Learning Stations
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Any.
3. **Standard:** The cadet shall participate in CAF familiarization learning stations.
4. **Teaching Points:** Have the cadets participate in CAF familiarization learning stations designed to stimulate an interest in the sea, land or air environments of the CAF, such as:
 - a. CAF history,
 - b. Battle of the Atlantic / Battle of Vimy Ridge / Battle of Britain,
 - c. roles of the CAF,
 - d. current CAF,
 - e. CAF careers, and
 - f. contacting a deployed soldier / sailor.
5. **Time:** One session (3 periods) = 90 min.
6. **Substantiation:** Learning stations were chosen for this lesson as they are a fun and interactive way to build on the cadets' knowledge of the CAF.
7. **References:** Dependant on the learning stations chosen.
8. **Training Aids:** Dependant on the learning stations chosen.
9. **Learning Aids:** Dependant on the learning stations chosen.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. Although the instructional guide for this lesson provides a number of interactive learning stations, instructors are authorized to create their own learning stations.
 - b. Activities shall be chosen based on human and material resources available to the corps / squadron.
 - c. Complementary training time may be allotted to this EO to allow for additional learning stations throughout the training year.
 - d. There are a number of resources available to make learning about the CAF interesting and interactive. Some of these include:
 - (1) Over The Top - an interactive adventure game that allows participants to experience life in the trenches during the First World War. http://www.warmuseum.ca/cwm/games/overtop/index_e.shtml

- (2) Armoured Warrior - an interactive game that is based on the experiences of the First Canadian Army in combat in the Second World War. <http://www.civilization.ca/cwm/games/armwar/history.shtml>
 - (3) Canadian Military History Gateway - an online service providing access to websites and digitized resources about Canada's military history. <http://www.cmhg.gc.ca/flash/index-eng.asp?t=1>
 - (4) Juno Beach Centre, Teacher Resources - a list of resources available from a variety of sources including activities, videos, audios, websites etc. <http://www.junobeach.org/centre/english/education/plans.html>
 - (5) Canadian Armed Forces Imagery Gallery and the Canadian Forces Combat Camera - Combat camera is a direct link from the front line to the front page and the image gallery has photos from operations since 1990. <http://www.combatcamera.forces.gc.ca/site/combat-camera-eng.asp>
- e. There are potential leadership opportunities for cadets when conducting CAF familiarization learning stations:
- (1) Phase Five / Master Cadet / Proficiency Level Five cadets may plan, prepare and conduct the stations as a leadership project IAW PO 503 (Lead Cadet Activities); and
 - (2) Phase Three / Silver Star / Proficiency Level Three, Phase Four / Gold Star / Proficiency Level Four, and Phase Five / Master Cadet / Proficiency Level Five cadets may complete leadership assignments IAW POs 303 (Perform the Role of a Team Leader), 403 (Act as a Team Leader), and 503 (Lead Cadet Activities), such as leading a CAF familiarization learning station.

EO CX20.01 – PARTICIPATE IN CAF FAMILIARIZATION ACTIVITIES**1. Performance:** Participate in CAF Familiarization Activities

An additional six sessions (18 periods) of one or more of the following lessons may be scheduled as complementary training:

1. EO MX20.01A (Participate in a CAF Activity),
2. EO MX20.01B (Participate in a CAF Familiarization Tour),
3. EO MX20.01C (Fire the C7 Rifle),
4. EO MX20.01D (Participate in a Mess Dinner),
5. EO MX20.01E (Attend a CAF Presentation),
6. EO MX20.01F (Attend a CAF Commemorative Ceremony),
7. EO MX01.01G (Participate in CAF Familiarization Video Activities), and
8. EO MX01.01H (Participate in CAF Familiarization Learning Stations).

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SECTION 13

PO 121 – PARTICIPATE AS A MEMBER OF A TEAM DURING AN OVERNIGHT BIVOUAC FIELD TRAINING EXERCISE (FTX)

1. **Performance:** Participate as a Member of a Team During an Overnight Bivouac Field Training Exercise (FTX)
2. **Conditions:**
 - a. Given:
 - (1) Group equipment,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Field setting, during a bivouac FTX.
3. **Standard:** The cadet will participate in an overnight bivouac FTX, to include:
 - a. selecting personal equipment;
 - b. transporting personal equipment;
 - c. erecting a group tent;
 - d. following the principles of “leave no trace” camping;
 - e. following camp routine and camp discipline; and
 - f. avoiding environmental hazards and injuries.
4. **Remarks:**
 - a. During the bivouac FTX, cadets shall be divided into teams; each team under the supervision of a senior cadet. Activities shall be structured to be group oriented.
 - b. The time allocation for EOs M121.07 (Erect a Group Tent), M121.08 (Apply “Leave No Trace” Camping), and M121.09 (Follow Camp Routine) is for guidance only. Those EOs are to be conducted practically, as they would naturally occur and as per the bivouac FTX schedule.
 - c. A cold weather instructor, recognized by the applicable RCSU is required to conduct EO C121.05 (Participate in Cold Weather Training).
 - d. No instructional guide will be provided for this activity.
5. **Complementary Material:**
 - a. Complementary material associated with PO 121 is designed to enhance the cadet’s experience in the field, to include:
 - (1) EO C121.01 (Construct Field Amenities),
 - (2) EO C121.02 (Participate in a Discussion on Cold Climate Exposure),
 - (3) EO C121.03 (Select Cold Weather Clothing),

- (4) EO C121.04 (Recognize the Effects of Cold Weather), and
- (5) EO C121.05 (Participate in Cold Weather Training).
- b. EOs C121.02, C121.03, and C121.04 shall be completed prior to the conduct of C121.05 (Participate in Cold Weather Training).
- c. EO C121.05 shall follow the training outlined in A-CR-CCP-107/PT-002, *Royal Canadian Army Cadets, Course Training Plan, Corps Training Program, Winter Adventure Training Manual*.

EO M121.01 – SELECT PERSONAL EQUIPMENT

1. **Performance:** Select Personal Equipment
2. **Conditions:**
 - a. Given:
 - (1) Examples of personal equipment,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet, shall select personal equipment, to include:
 - a. personal clothing,
 - b. sleeping bags,
 - c. sleeping pads, and
 - d. additional items.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain what should be considered when selecting clothing for an outdoor activity, to include: a. the layering system, to include: (1) principles, such as: (a) temperature control, (b) insulation, and (c) appropriate materials; and (2) common layering systems, to include: (a) base layer, (b) insulation layer, and (c) outer layer; b. dressing the parts of the body; and c. additional articles of clothing that would be required according to environmental conditions, to include: (1) cold weather wear, (2) wet weather wear, and (3) warm weather wear.	Interactive Lecture	20 min	C2-012 (pp. 39-47, 62-65) C2-010 (pp. 502-515)

TP	Description	Method	Time	Refs
TP2	Discuss the following considerations when selecting a sleeping bags for an outdoor activity, to include: a. insulating material, such as: (1) natural insulation, and (2) synthetic insulation; b. types, to include: (1) rectangular bags, (2) barrel bags, (3) mummy bags, and (4) military bags; and c. other selection considerations, to include: (1) temperature range the bag will be used in, (2) compactness, (3) weight, (4) cost, (5) fit to the cadet's body, and (6) durability.	Interactive Lecture	10 min	C2-012 (pp. 62-65) A2-010
TP3	Describe sleeping pads, to include: a. cushioning, b. insulating, and c. types.	Interactive Lecture	10 min	C2-009 (pp. 76-77)
TP4	Explain the selection of additional personal equipment based on the season and type of activity, to include: a. bug repellent, b. flashlight, c. lip balm, d. map and compass, e. matches, f. notepad and pencil, g. pocket knife, h. sun screen, i. survival kit, and j. whistle.	Interactive Lecture	10 min	

5. **Time:**

- | | | |
|----|----------------------------|--------|
| a. | Introduction / Conclusion: | 10 min |
| b. | Interactive Lecture: | 50 min |
| c. | Total: | 60 min |

6. **Substantiation:**

- a. The group discussion was chosen for TP 1 as it allows the cadets to interact with their peers and share their knowledge, experiences, opinions and feelings on what needs to be considered when selecting clothing for an outdoor activity. Sharing in the group discussion encourages the cadets to examine their own thoughts and may prompt them to re-think their previously held ideas. Participating in a group discussion improves the cadets' listening skills and team development.
- b. An interactive lecture was chosen for TPs 2 – 4 to introduce the cadets to the types of sleeping bags and additional items required for an outdoor activity.

7. **References:**

- a. A2-010 B-GG-302-002/FP-001 FMC. (1982). *Basic cold weather training, arctic and sub arctic operations* (Vol. 2). Ottawa, ON: The Department of National Defence.
- b. C2-009 Harvey, Mark (1999). *The national outdoor leadership school's wilderness guide*. New York, NY: Fireside.
- c. C2-010 0-375-70323-3 Rawlins, C., & Fletcher, C. (2004). *The complete walker IV*. New York, NY: Alfred A. Knopf.
- d. C2-012 0-89886-643-X Weiss, H. (1988). *Secrets of warmth for comfort for survival*. Seattle, WA: The Mountaineers.

8. **Training Aids:**

- a. Presentation aids (i.e., whiteboard / flipchart / OHP) appropriate for classroom / training area,
- b. Sleeping bag,
- c. Sleeping pad, and
- d. Personal equipment (i.e., toques, scarves, undershirts and undergarments, coats and trousers, coat liners, sleeping bags, etc).

9. **Learning Aids:** Personal equipment (i.e., toques, scarves, undershirts and undergarments, coats and trousers, coat liners, sleeping bags, etc).10. **Test Details:** Nil.11. **Remarks:**

- a. This lesson should be delivered prior to the bivouac FTX.
- b. Cadets' backpacks should be verified for proper equipment prior to the FTX.

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EO M121.02 – TRANSPORT PERSONAL EQUIPMENT

1. **Performance:** Transport Personal Equipment
2. **Conditions:**
 - a. Given:
 - (1) Examples of personal equipment,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall transport personal equipment.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain packing personal equipment, to include: a. types of backpacks, to include: (1) external frames, (2) internal frames, and (3) backpack features, such as: (a) compression straps, (b) external pockets, (c) sleeping bag storage areas, and (d) the quick release straps; and b. general guidelines that apply to packing a pack, to include: (1) accessibility, (2) balance, (3) compactness, (4) weight, and (5) packing considerations.	Interactive lecture	15 min	C2-004 (p. 36) C2-005 (p. 64) C2-009 (pp. 77-83)

TP	Description	Method	Time	Refs
TP2	Explain and demonstrate how to properly wear a backpack, by: a. loosening shoulder straps; b. bending the knees and holding the shoulder straps; c. lifting and resting the pack on the right (left) thigh; d. putting the right (left) arm through the shoulder strap and swinging it onto the back; e. putting the left (right) arm through the other shoulder strap; and f. clipping the hip belt and tightening the shoulder straps. Note: If CF rucksacks are to be used, they should be assessed for proper assembly prior to being given to the cadets.	Demonstration	40 min	C2-017 (pp. 13 - 14, pp. 29 – 31)

5. **Time:**

- | | |
|-----------------------------------|--------|
| a. Introduction / Conclusion: | 5 min |
| b. Interactive Lecture: | 15 min |
| c. Demonstration and Performance: | 25 min |
| d. Total: | 30 min |

6. **Substantiation:**

- a. An interactive lecture was chosen for TP 1 to introduce the cadets to packing personal equipment.
- b. A demonstration was chosen for TP 2 as it allows the instructor to explain and demonstrate the wearing of a backpack.

7. **References:**

- a. C2-004 1-896713-00-9 Tawrell, P. (1996). *Camping and wilderness survival: The ultimate outdoors book*. Green Valley, ON: Paul Tawrell.
- b. C2-005 0-393-31334-4 Berger, K. (1995). *Hiking and backpacking, a trailside guide*. New York, NY: Norton and Company, Inc.
- c. C2-009 0-684-85909-2 Harvey, M. (1999). *The national outdoor leadership school's wilderness guide*. New York, NY: Fireside.
- d. C2-017 0-7627-0476-4 Roberts, H. (1999). *Basic essentials, backpacking*. Guilford, CT: The Globe Pequot Press.

8. **Training Aids:**

- a. Presentation aids (i.e., whiteboard / flipchart / OHP) appropriate for classroom / training area,
- b. Backpacks (external and internal frames), and
- c. Examples of personal equipment.

9. **Learning Aids:**

- a. Backpack, and
- b. Personal equipment.

10. **Test Details:** Nil.

11. **Remarks:**

- a. This lesson should be delivered prior to the bivouac FTX.
- b. Cadets' backpacks should be verified for proper packing during the FTX.
- c. Cadets should transport their personal equipment during the FTX.

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EO M121.03 – TIE KNOTS AND LASHINGS

1. **Performance:** Tie Knots and Lashings
2. **Conditions:**
 - a. Given:
 - (1) Assorted types of ropes,
 - (2) Rope for tying knots,
 - (3) Supervision, and
 - (4) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall tie the following knots and lashings:
 - a. Thumb (overhand),
 - b. Reef (square),
 - c. Figure of eight,
 - d. Double figure of eight (figure of eight loop and follow through / rewoven),
 - e. Clove hitch, and
 - f. Half hitch.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain types of ropes and their common uses, to include: a. natural fibres, such as: (1) hemp, (2) manila, (3) sisal, (4) cotton, and (5) coir; and b. synthetic materials, such as: (1) nylon, (2) polypropylene, and (3) polyester.	Interactive Lecture	10 min	A0-004 (pp. 5-9 to 5-19) C2-007 (pp. 16–25)

TP	Description	Method	Time	Refs
TP2	Explain the care and maintenance of ropes, to include: a. sunlight exposure, b. chemical or fume contamination, c. storage, d. natural wear, and e. cleaning and drying.	Interactive Lecture	5 min	A0-004
TP3	Explain and demonstrate how to tie, and have cadets practise the following knots and lashings: a. thumb (overhand), b. reef (square), c. figure of eight, d. double figure of eight (figure of eight loop / follow through / rewoven / figure of eight on a bight), e. clove hitch, and f. half hitch.	Demonstration and Performance	65 min	C2-007 (pp. 38, 44, 58, 98, 104, 167-168)

5. **Time:**

- | | | |
|----|--------------------------------|--------|
| a. | Introduction / Conclusion: | 10 min |
| b. | Interactive Lecture: | 15 min |
| c. | Demonstration and Performance: | 65 min |
| d. | Total: | 90 min |

6. **Substantiation:**

- An interactive lecture was chosen for TPs 1 and 2 to introduce the cadets to the types and the care and maintenance of ropes.
- A demonstration and performance was chosen for TP 3 as it allows the instructor to explain and demonstrate how to tie various knots, while providing an opportunity for the cadets to practice under supervision.

7. **References:**

- A0-004 B-GN-181-105/FP-E00 DMPPD 9-4. (1997). *CFCD 105 fleet seamanship rigging and procedures manual*. Ottawa ON: The Department of National Defence.
- C2-007 0-7858-1446-9 Pawson, D. (2001). *Pocket guide to knots and splices*. Edison, NJ: Chartwell Books, Inc.

8. **Training Aids:**

- Presentation aids (i.e., whiteboard / flipchart / OHP) appropriate for classroom / training area, and
- Ropes for knot tying.

9. **Learning Aids:** Rope for tying knots.
10. **Test Details:** Nil
11. **Remarks:**
 - a. Where possible, the instructor should demonstrate a variety of natural and synthetic types of ropes.
 - b. Cadets should be given the opportunity to tie knots during the bivouac FTX.

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EO M121.04 – ASSEMBLE A SURVIVAL KIT

1. **Performance:** Assemble a Survival Kit
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall assemble a basic survival kit prior to participating in a field exercise, to include selecting:
 - a. contents appropriate for the activity, and
 - b. a suitable storage container.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Describe what can be contained in a survival kit, to include: a. water proof matches, b. candle, c. flint, d. magnifying glass, e. needles and thread, f. fish hooks and line, g. compass, h. mini light, i. snare wire, j. flexible wire saw, k. signalling mirror, l. whistle, m. pencil and paper, and n. personal first aid kit. Note: This list is not exhaustive. The different field settings must be considered when a First aid kit.	Interactive Lecture	15 min	C2-008 (pp. 25 – 29) C2-010

TP	Description	Method	Time	Refs
TP2	Describe survival kit case, to include: a. hard plastic, b. flexible plastic, or c. metal container (that could also be used to boil water).	Interactive Lecture	5 min	C2-010 (pp. 648 - 655)
TP3	Discuss conducting regular maintenance checks on survival kit items, to include: a. checking expiry dates; b. replacing worn or damaged items; and c. replacing missing items.	Interactive Lecture	5 min	C2-010 (p. 649)

5. **Time:**

- | | |
|-------------------------------|--------|
| a. Introduction / Conclusion: | 5 min |
| b. Interactive Lecture: | 25 min |
| c. Total: | 30 min |

6. **Substantiation:** An interactive lecture was chosen for this lesson to orient the cadets to the content and the maintenance of a survival kit.7. **References:**

- a. C2-008 0-00-265314-7 Wiseman, J. (1999). *The SAS survival handbook*. Hammersmith, London: Harper Collins Publishers.
- b. C2-010 0-375-70323-3 Rawlins, C., & Fletcher, C. (2004). *The complete walker IV*. New York, NY: Alfred A. Knopf.

8. **Training Aids:**

- a. Presentation aids (i.e., whiteboard / flipchart / OHP) appropriate for classroom / training area, and
- b. Survival kit contents.

9. **Learning Aids:** Nil.10. **Test Details:** Nil.11. **Remarks:**

- a. This lesson should be delivered prior to the first time cadets enter the field.
- b. Cadets will be required to prepare their own survival kit for the applicable field activity.

EO M121.05 – RECOGNIZE ENVIRONMENTAL HAZARDS

1. **Performance:** Recognize Environmental Hazards
2. **Conditions:**
 - a. Given:
 - (1) Prepared pictures of environmental hazards,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall recognize environmental hazards by:
 - a. identifying animal behaviour;
 - b. identifying hazardous insects; and
 - c. identifying hazardous plants.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain interpreting the behaviour of wild animals and specific animal language that indicates: a. contentment, b. submission, c. alarm, and d. aggression.	Interactive Lecture	5 min	C2-032
TP2	Discuss hazardous insects, to include: a. types of insects, to include: (1) scorpions, (2) black widow spiders, (3) ticks, (4) mosquitoes, (5) bees, and (6) wasps / hornets; b. what to do if bitten / stung by these insects; and c. strategies to comfortably coexist with insects, to include: (1) using clothing; and (2) using insect repellents.	Interactive Lecture	10 min	C2-004 (p. 17, p. 99, p. 285, p. 316)

TP	Description	Method	Time	Refs
TP3	Explain how to identify poisonous plants, to include: a. poison ivy (jewelweed cure), b. poison oak, and c. poison sumac.	Interactive lecture	10 min	C2-008

5. **Time:**

- | | | |
|----|----------------------------|--------|
| a. | Introduction / Conclusion: | 5 min |
| b. | Interactive Lecture: | 25 min |
| c. | Total: | 30 min |

6. **Substantiation:** An interactive lecture was chosen for this lesson to introduce the cadets to environmental hazards.7. **References:**

- a. C2-004 1-896713-00-9 Tawrell, P. (1996). *Camping and wilderness survival: The ultimate outdoors book*. Green Valley, ON: Paul Tawrell.
- b. C2-008 0-00-265314-7 Wiseman, J. (1999). *The SAS survival handbook*. Hammersmith, London: Harper Collins Publishers.
- c. C2-032 Curtis, S. (1998, September). *Watch your language*. Retrieved 25 May, 2006, from http://www.backpacker.com/article/1,2646,135_article,00.html.

8. **Training Aids:**

- a. Presentation aids (i.e., whiteboard / flipchart / OHP) appropriate for classroom / training area, and
- b. Prepared pictures of animals and insects.

9. **Learning Aids:** Nil.10. **Test Details:** Nil.11. **Remarks:** This lesson should be delivered prior to the bivouac FTX, making cadets aware of possible dangerous animals, insects and plants found in the field. The instructor should focus on insects and plants found in the local geographic area.

EO M121.06 – IDENTIFY ENVIRONMENTAL INJURIES

1. **Performance:** Identify Environmental Injuries
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall identify environmental injuries, to include:
 - a. cold-related injuries, and
 - b. heat-related injuries.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain how to identify cold-related injuries, to include: a. frostbite injuries, such as: (1) surface frostbite, (2) deep frostbite, and (3) treatments; and b. hypothermia, to include: (1) mild exposure, (2) moderate exposure, (3) severe exposure, and (4) treatments.	Interactive Lecture	15 min	C2-009 C2-008 (pp. 448-449)
TP2	Explain how to identify heat-related injuries, to include: a. heat cramps, b. heat exhaustion, c. heatstroke, d. sunburn, e. sore eyes, and f. dehydration.	Interactive Lecture	10 min	C2-004 (pp. 129 - 130) C2-008 (pp. 446 - 449)

5. **Time:**

- | | | |
|----|----------------------------|--------|
| a. | Introduction / Conclusion: | 5 min |
| b. | Interactive Lecture: | 25 min |
| c. | Total: | 30 min |

6. **Substantiation:** An interactive lecture was chosen for this lesson to introduce the cadets to environmental injuries.

7. **References:**

- a. C2-004 1-896713-00-9 Tawrell, P. (1996). *Camping and wilderness survival: The ultimate outdoors book*. Green Valley, ON: Paul Tawrell.
- b. C2-008 0-00-265314-7 Wiseman, J. (1999). *The SAS survival handbook*. Hammersmith, London: Harper Collins Publishers.
- c. C2-009 0-684-85909-2 Harvey, M. (1999). *The national outdoor leadership school's wilderness guide*. New York, NY: Fireside.

8. **Training Aids:** Presentation aids (i.e., whiteboard / flipchart / OHP) appropriate for classroom / training area.

9. **Learning Aids:** Nil.

10. **Test Details:** Nil.

11. **Remarks:** This lesson should be delivered prior to the bivouac exercise.

EO M121.07 – ERECT A GROUP TENT

1. **Performance:** Erect A Group Tent
2. **Conditions:**
 - a. Given:
 - (1) Group tent,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Field setting, during daylight hours, during a bivouac FTX.
3. **Standard:** IAW specified references, the cadet shall erect a group tent.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Introduce cadets to the type of tent to be erected, to include: a. parts of tents, b. pitching and anchoring, c. striking, and d. folding and storage.	Demonstration	15 min	Civilian tent directions
TP2	IAW directions provided by the tent manufacturer, have the cadets erect a tent, in small groups.	Performance	20 min	Civilian tent directions
TP3	Explain and demonstrate how to organize personal tent space, ensuring: a. tent doors are left open allowing for air to flow in during hot weather (flies closed), b. air mattress are laid out and inflated, c. tent is clean and free of food, d. personal kit is stored at the foot of the tent or outside the tent under a fly or tarp, e. footwear is removed and stored at the door, and f. sleeping bag rolled up until immediately before sleep (see special procedures for down sleeping bags).	Demonstration	5 min	C2-009
TP4	IAW directions provided by the tent manufacturer, explain the procedure and have the cadets strike the tent, in small groups.	Performance	10 min	Civilian tent directions

5. **Time:**

a. Introduction / Conclusion:	10 min
b. Demonstration:	25 min
c. Performance	25 min
d. Total:	60 min

6. **Substantiation:**

- a. A demonstration was chosen for TPs 1 and 3 as it allows the instructor to demonstrate the process of erecting and striking a tent in a controlled environment.
- b. A performance was chosen for TPs 2 and 4 as it allows cadets the opportunity to practice erecting and striking a tent under supervision.

7. **References:** C2-009 0-684-85909-2 Harvey, M. (1999). *The national outdoor leadership school's wilderness guide*. New York, NY: Fireside.

8. **Training Aids:**

- a. Tents, and
- b. Personal equipment.

9. **Learning Aids:**

- a. Tents, and
- b. Personal equipment.

10. **Test Details:** Nil.

11. **Remarks:**

- a. This lesson shall be delivered practically during the bivouac FTX. Erecting and striking of tent will occur as per FTX schedule (eg, arrival and prior to departure).
- b. Time allocation is approximate, as it may vary based on the group.

EO M121.08 – APPLY “LEAVE NO TRACE” CAMPING

1. **Performance:** Apply “Leave No Trace” Camping
2. **Conditions:**
 - a. Given:
 - (1) Bivouac site,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Field setting, during a bivouac FTX.
3. **Standard:** The cadet shall practise “leave no trace” camping by:
 - a. planning ahead and being prepared;
 - b. travelling and camping on durable surfaces;
 - c. disposing of waste properly;
 - d. “Leaving what you find”;
 - e. minimizing campfire impact;
 - f. respecting wildlife; and
 - g. being considerate of other visitors.

4. Teaching Points:

TP	Description	Method	Time	Refs
TP1	Explain the seven principles of “Leave No Trace” camping, to include: a. planning ahead and preparing, to include: (1) knowing the regulations and special concerns for the area visited; (2) preparing for extreme weather, hazards and emergencies; and (3) carefully planning meals, repackaging food to minimize waste; b. travelling and camping on durable surfaces, to include: (1) concentrating trek on existing trails and campsites; (2) walking in single file in the middle of the trail, even when wet or muddy; (3) not taking short cuts off of established trails; (4) traveling on rock, gravel, dry grasses or snow; and (5) camping 60 m from lakes and streams; c. disposing of waste properly, to include: (1) “pack it in, pack it out”; (2) disposing of human waste in cat holes of 6 to 8 inches deep 60 m from water sources and the camp site; (3) packing out toilet paper and hygiene products; and (4) washing the body or dishes a minimum of 60 m away from streams or lakes;	Interactive Lecture	25 min	C2-011 (pp.28 to 31, 40)

TP	Description	Method	Time	Refs
	d. “leaving what you find”, to include: (1) preserving the past by leaving alone cultural or historical structures and artefacts; (2) leaving flora and fauna as they are found; and (3) avoiding the construction of structures, furniture or dug trenches; e. minimizing campfire impacts, to include: (1) making use of established fire rings, pans, or mound fires; (2) keeping fires small, using sticks found on the ground; and (3) burning all wood and coals to ash; f. respecting wildlife, to include: (1) observing wildlife from a distance; (2) never feeding animals; (3) protecting wildlife and food by storing rations and trash securely; (4) controlling pets; and (5) avoiding wildlife during sensitive times (i.e., mating, nesting, when raising young, or during the winter); and g. being considerate of other visitors, to include: (1) respecting visitors to protect the quality of their experience; (2) yielding to others on the trail; (3) camping away from trails and other visitors; and (4) allowing nature’s sounds to prevail, by avoiding loud voices and noises.			

5. **Time:**

a.	Introduction / Conclusion:	5 min
b.	Interactive Lecture:	25 min
c.	Total:	30 min

6. **Substantiation:** An interactive lecture was chosen for this lesson to introduce the cadets to the concept of “Leave no Trace” camping.
7. **Reference:** C2-011 0-89886-910-2 McGivney, A. (2003). *Leave no trace, a guide to the new wilderness etiquette*. Seattle, WA: Mountaineers Books.
8. **Training Aids:**
 - a. Presentation aids (i.e., whiteboard / flipchart / handouts) appropriate for field training area, and
 - b. Bivouac site.
9. **Learning Aids:** Nil.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. This lesson shall be delivered during the bivouac FTX.
 - b. In some cases this lesson could be conducted as a tour of the local area, selecting areas where specific principles could be best explained.

EO M121.09 – FOLLOW CAMP ROUTINE

1. **Performance:** Follow Camp Routine
2. **Conditions:**
 - a. Given:
 - (1) Supervision; and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Field setting, during a bivouac FTX.
3. **Standard:** The cadet shall follow camp routine and maintain camp discipline, to include:
 - a. practicing ablutions in designated areas;
 - b. limiting food to designated mess / eating areas;
 - c. practicing safe behaviour around the fire pit;
 - d. drinking only water provided at drinking water points;
 - e. safely storing petroleum, oil, and lubricants at the POL point;
 - f. staying out of the opposite genders' quarters area; and
 - g. properly disposing of garbage.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Conduct a guided tour of the bivouac site describing the layout of each component and explaining their location, to include: a. headquarters (HQ) and supply, b. first aid station, c. toilets, d. wash station, e. eating area, f. fire pit, if any, g. fire point, h. form-up area, i. in / out route for safety vehicle, j. vehicle parking area, k. drinking water point, l. POL point, m. female / male quarters, and n. garbage point.	Practical Activity	20 min	

TP	Description	Method	Time	Refs
TP2	Explain, and demonstrate where practical, how to carry out personal hygiene in the field, to include: a. daily washing, b. hygiene before meals, c. hair, d. teeth, e. feet, f. regular bowel movements, and g. treating injuries (minor cuts infections and bruises).	Demonstration and Performance	30 min	C2-004 (p. 6)

5. **Time:**

- a. Introduction / Conclusion: 10 min
- b. Practical Activity: 20 min
- c. Demonstration and Performance: 30 min
- d. Total: 60 min

6. **Substantiation:**

- a. A practical activity was chosen for TP 1 as it is an interactive way to allow cadets to learn about bivouac site layout and components in a safe and controlled environment.
- b. A demonstration and performance was chosen for TP 2 as it allows the instructor to demonstrate and explain hygiene in the field while providing an opportunity for the cadets to practice (during the FTX) the skill under supervision.

7. **Reference:** C2-004 1-896713-00-9 Tawrell, P. (1996). *Camping and wilderness survival: The ultimate outdoors book*. Green Valley, ON: Paul Tawrell.

8. **Training Aids:**

- a. Bivouac site, and
- b. Suitable wash kit.

9. **Learning Aids:** Wash kit.

10. **Test Details:** Nil.

11. **Remarks:** This lesson shall be delivered during the bivouac FTX.

EO C121.01 – CONSTRUCT FIELD AMENITIES

1. **Performance:** Construct Field Amenities
2. **Conditions:**
 - a. Given:
 - (1) Rope,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Field setting during daylight hours.
3. **Standard:** The cadet will, as a member of a group of three or four members, construct two field amenities from the following list:
 - a. bear hangs,
 - b. fire wall reflector,
 - c. drying racks, or
 - d. wash station (stand).
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain, demonstrate, and have cadets tie knots and lashings used in the construction of field amenities, to include: a. constrictor knot, b. sink stopper knot, c. slipped overhand knot, d. sheet bend, e. double sheet bend, and f. sheer lashing.	Demonstration and Performance	50 min	C2-007 (pp. 40, 50, 107, 112, 113, and 184)
TP2	Provide each group diagrams, and have cadets create two of the following field amenities: a. bear hang, b. fire wall reflector, c. drying racks, and d. wash station (stand).	Practical Activity	60 min	C2-008 (p. 279) A2-008 (p. 7D-1)

5. **Time:**

a. Introduction / Conclusion:	10 min
b. Demonstration and Performance:	50 min
c. Practical Activity:	60 min
d. Total:	120 min

6. **Substantiation:**

- a. A demonstration and performance was chosen for TP 1 as it allows the instructor to demonstrate and explain how to tie knots while providing an opportunity for the cadets to practice the skill under supervision.
- b. A practical activity was chosen for TP 2 as it is an interactive way to allow cadets to experience creating field amenities in a safe and controlled environment.

7. **References:**

- a. A2-008 DCdts. (1999). *RCIS field aide memoire* (1 ed.). Ottawa, ON: The Department of National Defence.
- b. C2-007 0-7858-1446-9 Pawson, D. (2001). *Pocket guide to knots and splices*. Edison, NJ: Chartwell Books, Inc.
- c. C2-008 0-00-265314-7 Wiseman, J. (1999). *The SAS survival handbook*. Hammersmith, London: Harper Collins Publishers.
- d. C2-016 0-517-88783-5 Curtis, R. (1998). *The backpacker's field manual: A comprehensive guide to mastering backcountry skills*. New York, NY: Three Rivers Press.

8. **Training Aids:** Nil.

9. **Learning Aids:**

- a. Wash basins,
- b. Rope for tying knots,
- c. Diagrams detailing field amenities construction, and
- d. Natural resources (produced in the field).

10. **Test Details:** Nil.

11. **Remarks:** Approval from local authorities shall be obtained prior to using natural resources for field amenities.

EO C121.02 – EXPLAIN THE EFFECTS OF COLD CLIMATE EXPOSURE

1. **Performance:** Explain the Effects of Cold Climate Exposure
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall participate in a discussion on:
 - a. the types of cold,
 - b. the effects of windchill, and
 - c. the body's adjustment to the cold.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Identify the types of cold, to include: a. wet cold, and b. dry cold.	Interactive Lecture	5 min	A2-009 (p. 1-2)
TP2	Explain windchill and its related effects on the human body.	Interactive Lecture	10 min	A2-009 (pp. 1-2 to 1-6) C2-029
TP3	Discuss the basic rules of cold weather training that allow the body to adjust in cold conditions, to include: a. keeping in shape; b. proper hydration; c. eating to keep fit; and d. maintaining a healthy attitude.	Interactive Lecture	10 min	A2-009 (p. 1-7)

5. **Time:**
 - a. Introduction / Conclusion: 5 min
 - b. Interactive Lecture: 25 min
 - c. Total: 30 min

6. **Substantiation:** An interactive lecture was chosen to introduce the cadets to the effects of cold weather climate.
7. **References:**
 - a. A2-009 A-CR-CCP-107/PT 002 DCdts. (1978). *Royal Canadian army cadets course training plan corps training program winter adventure training manual*. Ottawa, ON: The Department of National Defence.
 - b. C2-029 The Green Lane. (2002, 2005). *Windchill*. Retrieved 25 May, 2006, from <http://www.msc.ec.gc.ca/windchill>.
8. **Training Aids:** Presentation aids (i.e., whiteboard / flipchart / OHP) appropriate for classroom / training area.
9. **Learning Aids:** Nil.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. This period may be conducted as a stand alone lesson or as pre-training to EO C121.05 (Participate in Cold Weather Training).
 - b. This lesson is best delivered under the supervision of a cold weather instructor.

EO C121.03 – SELECT COLD WEATHER CLOTHING

1. **Performance:** Select Cold Weather Clothing
2. **Conditions:**
 - a. Given:
 - (1) Appropriate cold weather clothing,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall select cold weather clothing that:
 - a. provides suitable insulation;
 - b. consists of an appropriate base, insulating, and outer layer; and
 - c. includes appropriate footwear.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain the principle of clothing design, to include: a. insulation; and b. layer method.	Interactive Lecture	10 min	A2-009 (p. 2-6) C2-037
TP2	Explain the principles related to the choice of footwear, to include: a. choice of appropriate sock materials / fibres; b. ensuring socks are loose, and in layers; c. avoiding restriction of circulation; d. changing socks and insoles as often as possible; e. drying wet footwear; f. ensuring footgear and feet are kept clean; and g. ensuring footgear fits properly to avoid chafing and blisters.	Interactive Lecture	5 min	A2-009 (p. 2-6)

TP	Description	Method	Time	Refs
TP3	Explain the principles for keeping warm in the cold, to include: a. maintaining clean clothing; b. avoiding becoming overheated; c. ensuring clothing is loose and layered; and d. keeping clothes dry.	Interactive Lecture	5 min	A2-009 (p. 2-7)
TP4	Discuss maintaining body heat, to include: a. heat gain, to include: (1) muscular activity, and (2) metabolic activity, and b. heat loss, to include: (1) convection, (2) conduction, (3) evaporation, and (4) radiation.	Interactive Lecture	5 min	A2-009 (pp. 12-17) C2-031

5. **Time:**

- a. Introduction / Conclusion: 5 min
- b. Interactive Lecture: 25 min
- c. Total: 30 min

6. **Substantiation:** An interactive lecture was chosen for this lesson to introduce the cadets to the selection of cold weather clothing.7. **Reference:**

- a. A2-009 A-CR-CCP-107/PT 002 DCdts. (1978). *Royal Canadian army cadets course training plan corps training program winter adventure training manual*. Ottawa, ON: The Department of National Defence.
- b. C2-031 0-89886-024-5 Wilkerson, J., Bangs, C., & Hayward, J. (1986). *Hypothermia, frostbite and other cold injuries. Prevention, recognition and prehospital treatment*. Seattle WA: The Mountaineers.
- c. C2-037 Brookside Press. (2005). *Hygiene in the field*. Retrieved 25 May, 2006, from <http://brooksidepress.org/Products/Operationalmedicine/DATA/operationalmed/Manuals/cold/TC213Chapter 6HygieneandFirstAid.htm>

8. **Training Aids:** Presentation aids (i.e., whiteboard / flipchart / OHP) appropriate for classroom / training area.
9. **Learning Aids:** Nil.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. This period may be conducted as a stand alone lesson or as pre-training to EO C121.05 (Participate in Cold Weather Training).
 - b. This lesson is best delivered under the supervision of a cold weather instructor.

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EO C121.04 – RECOGNIZE THE EFFECTS OF COLD WEATHER

1. **Performance:** Recognize the Effects of Cold Weather
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall recognize the signs and symptoms of frostbite and hypothermia.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Discuss the facts about injuries that occur in cold weather, to include: a. bleeding, b. shock, and c. serious injuries.	Interactive Lecture	10 min	A2-010
TP2	Identify cold weather injuries, to include: a. snow blindness, and b. immersion foot.	Interactive Lecture	10 min	A2-010
TP3	Explain frostbite, to include: a. signs and symptoms of categories of frostbite, to include: (1) surface, and (2) deep, b. prevention, and c. treatment.	Interactive Lecture	10 min	C2-023 C2-030
TP4	Explain hypothermia and the various stages thereof, to include: a. signs and symptoms of categories of hypothermia, to include: (1) mild exposure, (2) moderate exposure, and (3) severe exposure; b. prevention, and c. treatment.	Interactive Lecture	10 min	C2-023 C2-030

TP	Description	Method	Time	Refs
TP5	Discuss body cleanliness in the winter, to include: a. face and hands; b. shaving; c. teeth; d. changing clothes; and e. foot care.	Interactive Lecture	10 min	A2-010 (pp. 7-17 - 7-19) C2-009

5. **Time:**

- | | | |
|----|----------------------------|--------|
| a. | Introduction / Conclusion: | 10 min |
| b. | Interactive Lecture: | 50 min |
| c. | Total: | 60 min |

6. **Substantiation:** An interactive lecture was chosen for this lesson to introduce the cadets to the effects of cold weather.7. **References:**

- a. A2-010 B-GG-302-002/FP-001 FMC. (1982). *Basic cold weather training, arctic and sub arctic operations* (Vol. 2). Ottawa, ON: The Department of National Defence.
- b. C2-009 0-684-85909-2 Harvey, M. (1999). *The national outdoor leadership school's wilderness guide*. New York, NY: Fireside.
- c. C2-023 0-8117-2864-1 Schimelpfenig, T. (2000). *National outdoor leadership school wilderness first aid* (3rd ed.). Mechanicsburg, PA: Stackpole Books.
- d. C2-030 0-7710-8250-9 Merry, W. (1994). *St. John Ambulance: The official first aid guide*. Toronto ON: McClelland & Stewart Inc.

8. **Training Aids:** Presentation aids (i.e., whiteboard / flipchart / OHP) appropriate for classroom / training area.9. **Learning Aids:** Nil.10. **Test Details:** Nil.11. **Remarks:**

- a. This period may be conducted as a stand alone lesson or as pre-training to EO C121.05 (Participate in Cold Weather Training).
- b. This lesson is best delivered under the supervision of a cold weather instructor.

EO C121.05 – PARTICIPATE IN COLD WEATHER TRAINING

1. **Performance:** Participate in Cold Weather Training
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environment: Field setting, during an outdoor cold weather FTX.
3. **Standard:** The cadet shall participate in a cold weather activity, as outlined in A-CR-CCP-107/PT-002.
4. **Teaching Points:** Supervise the cadets' participation in cold weather training activities.
5. **Time:**

a. Introduction / Conclusion:	10 min
b. Experiential Learning:	530 min
c. Total:	540 min
6. **Substantiation:** An experiential approach was chosen for this lesson as it allows the cadets to acquire new knowledge and skills through a direct experience. The cadets experience cold weather training and define that experience on a personal level. The cadets will be given the opportunity to reflect on and examine what they saw, felt and thought while participating in cold weather training and consider how it relates to what they already learned and experienced as well as how it will relate to future experiences.
7. **References:** A2-009 A-CR-CCP-107/PT-002 DCdts. (1978). *Royal Canadian army cadets, Course training plan, Corps training program, Winter adventure training manual*. Ottawa, ON: The Department of National Defence.
8. **Training Aids:**
 - a. Five-man arctic tent,
 - b. Ground sheet,
 - c. Arctic sleeping bag (complete),
 - d. Sleeping pad,
 - e. Rucksack,
 - f. Jacket, extreme cold weather,
 - g. Wind pants,
 - h. Toque,
 - i. Scarf,
 - j. Mukluks,
 - k. Mitts, arctic,

- l. Lantern, naphtha,
 - m. Two burner stove, naphtha,
 - n. Toboggan (complete),
 - o. Water jerry can, and
 - p. Water bottle
- 9. **Learning Aids:** Nil.
- 10. **Test Details:** N
- 11. **Remarks:**
 - a. A cold weather instructor, recognized by the applicable RCSU is required for the conduct of this EO.
 - b. Completion of EOs C121.02 (Explain the Effects of Cold Climate Exposure), C121.03 (Select Cold Weather Clothing), and C121.04 (Recognize the Effects of Cold Weather) is required prior to this EO.
 - c. No instruction guide will be provided for this activity.

SECTION 14**PO 122 – IDENTIFY LOCATION USING A MAP**

1. **Performance:** Identify Location Using a Map
2. **Conditions:**
 - a. Given:
 - (1) Topographical / military map of the area being used,
 - (2) Material to construct a romer,
 - (3) Supervision, and
 - (4) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Field setting, during daylight hours.
3. **Standard:** The cadet will determine location on a map by:
 - a. identifying prominent objects found on the map;
 - b. orienting a map by inspection; and
 - c. determining position to a six-figure grid reference (GR) using a romer (within +/- 100 m accuracy).
4. **Remarks:** Cadets are to be provided with a sufficient training area with a view of three prominent objects that can be found on the map being used. The cadets must also be provided with a location where they can determine a precise six-figure grid reference (i.e., crossroads, building, bend in river vice the middle of a field).
5. **Complementary Material:** Complementary material associated with PO 122 is designed to provide additional navigation training during a navigation activity, specifically C122.01 (Practice Navigation as a Member of a Team).

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EO M122.01 – IDENTIFY TYPES OF MAPS

1. **Performance:** Identify Types of Maps
2. **Conditions:**
 - a. Given:
 - (1) Various types of maps,
 - (2) Topographical map,
 - (3) Supervision, and
 - (4) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall:
 - a. identify the following types of maps:
 - (1) topographical,
 - (2) orienteering,
 - (3) street and road, and
 - (4) relief; and
 - b. fold a topographical map, ensuring that the map identification located in the bottom right corner of the map is displayed for easy reference.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain the purpose of a map, in that: a. a map is a scale representation of the ground, b. a map uses symbols to represent both physical and man made features found on the ground, c. maps identify locations such as towns, lakes, and rivers, by name, and d. map designs reflect the needs of the users (eg. urban planners, travelers, education, cadets).	Interactive Lecture	5 min	A2-004 (Chap 1, art 1)

TP	Description	Method	Time	Refs
TP2	Describe the various types of maps, to include: - topographical, - orienteering, - political, - street and road, - statistical, - digital, including global positioning system, - relief, - outline, and - air photo.	Interactive Lecture	5 min	A2-004 (Chap 1, art 108, 110 and 111)
TP3	Describe how to care for a topographical map, to include: - waterproofing the map; - drying technique; - not opening fully in a strong wind; - using pencil and erasing when work is complete; and - storing in a dry place, rolled, folded or laid flat.	Interactive Lecture	5 min	A2-004
TP4	Explain, demonstrate, and have cadets practise folding a map by: - laying the map face up and folding map in half by bringing the top of the map sheet down to the bottom of the map sheet; - folding the top half of the map sheet up into half again, then turning map over and folding bottom half to match the top half; - folding the ends of the map into half from left to right; and - folding each of the open ends back into half again so that the map name and index to adjacent map sheets appear on the outside.	Demonstration and Performance	10 min	A2-004

5. **Time:**

- | | |
|-----------------------------------|--------|
| a. Introduction / Conclusion: | 5 min |
| b. Interactive Lecture: | 15 min |
| c. Demonstration and Performance: | 10 min |
| d. Total: | 30 min |

6. **Substantiation:**

- a. An interactive lecture was chosen for TPs 1, 2 and 3 to introduce the cadets to the purpose, the various types, and the maintenance of maps.
- b. A demonstration and performance was chosen for TP 4 as it allows the instructor to explain and demonstrate the folding of a map while providing cadets the opportunity to practise under supervision.

7. **References:** A2-004 B-GL-382-005-FP-001 Canadian Forces. (1976). *Maps, fields, sketching, and compasses* (Vol. 8). Ottawa, ON: The Department of National Defence.

8. **Training Aids:**

- a. Presentation aids (i.e., whiteboard / flipchart / OHP) appropriate for classroom / training area,
- b. Various types of maps, to include:
 - (1) topographical,
 - (2) orienteering,
 - (3) political,
 - (4) street and road,
 - (5) statistical,
 - (6) digital, including GPS,
 - (7) relief,
 - (8) outline, and
 - (9) air photo; and
- c. Waterproofing agent for illustration purposes, (e.g., such as waterproof bags, zippertype).

9. **Learning Aids:** Topographical map worksheet, if topographical maps are unavailable.

10. **Test Details:** Nil.

11. **Remarks:**

- a. Types of maps will be limited to what is available at the corps level. Instructors should attempt to obtain as many examples as are available. Where local resources allow, products such as clear contact paper and chemical coating may be demonstrated.
- b. Actual maps are not required to practise folding a map. A topographical map worksheet, 8-1/2-inch by 11-inch sheet of paper, newspaper, or retail flyer may be used to represent a map.

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EO M122.02 – IDENTIFY MARGINAL INFORMATION AND CONVENTIONAL SIGNS

1. **Performance:** Identify Marginal Information and Conventional Signs
2. **Conditions:**
 - a. Given:
 - (1) Topographical maps,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall identify map sheet features, to include:
 - a. marginal information, including:
 - (1) name of map sheet,
 - (2) number of the map and index of adjoining maps,
 - (3) date of map data,
 - (4) map scale,
 - (5) scale bars,
 - (6) contour interval,
 - (7) legend of conventional signs,
 - (8) military index number,
 - (9) declination diagram, and
 - (10) universal transverse mercator (UTM); and
 - b. conventional signs represented by specific colour.

4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Identify and describe marginal information found on a topographical map, to include: a. name of map sheet, b. number of the map and index of adjoining maps, c. date of map data, d. map scale, e. scale bars or graphic linear scales, f. contour interval, g. legend of conventional signs, h. military index number, normally found at the top right corner of the map sheet which is used for ordering additional maps, i. declination diagram, and j. UTM Grid System.	Interactive Lecture	20 min	A2-004 (Ch 3, art 307, ch 2, art 206 and ch 6, art 613)

TP	Description	Method	Time	Refs
TP2	Conduct a game where the cadets are required to identify conventional signs by colour, to include: a. red, to include: (1) paved roads and highway numbers, and (2) areas of urban development; b. orange, unpaved roads, c. black, to include: (1) cultural features, (2) toponyms (place names), (3) precise elevations, and (4) some symbols; d. brown, to include: (1) contour lines, (2) contour elevations, (3) spot elevations, (4) sand, (5) cliffs, and (6) other geographical features; e. blue, to include: (1) water, (2) permanent ice features, (3) names of water features, and (4) grid lines; f. green, vegetation features (woods, orchards, and vineyards), g. grey, legend of conventional signs, and h. purple, updates over the original map.	In-Class Activity	30 min	A2-004 (Ch 4, art 404, art 406, dia 4-1)

5. **Time:**

a. Introduction / Conclusion:	10 min
b. Interactive Lecture:	20 min
c. In-Class Activity:	30 min
d. Total:	60 min

6. **Substantiation:**

- a. An interactive lecture was chosen for TP 1 to orient the cadets to marginal information and generate interest.
- b. An in-class activity was chosen for TP 2 as an interactive way to provoke thought and stimulate interest in conventional signs.

7. **References:** A2-004 B-GL-382-005-FP-001 Canadian Forces. (1976). *Maps, fields, sketching, and compasses* (Vol. 8). Ottawa, ON: The Department of National Defence.

8. **Training Aids:**

- a. Presentation aids (i.e., whiteboard / flipchart / OHP) appropriate for classroom / training area, and
- b. Topographical maps.

9. **Learning Aids:** Topographical maps.

10. **Test Details:** Nil.

11. **Remarks:** Nil.

EO M122.03 – INTERPRET CONTOUR LINES

1. **Performance:** Interpret Contour Lines
2. **Conditions:**
 - a. Given:
 - (1) Topographical / military maps,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Field setting, during daylight hours.
3. **Standard:** IAW B-GL-382-005-FP-001, *Military Training, Volume 8, Maps, Field Sketching and Compasses*, the cadet shall interpret contour lines in order to relate the actual shape of the ground to what is portrayed on a map.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain and demonstrate how contour lines indicate the shape of the ground, to include: a. relief, b. contour lines and intervals, c. the shape of the ground, and d. types of slopes, to include: (1) steep (lines spaced closely together), (2) gentle (lines spaced further apart), (3) uniform (lines spaced equally), (4) convex (gentle at top, steep at bottom), (5) concave (steep at top, gentle at bottom), (6) spurs (extends from a slope), and (7) re-entrants (cuts back into a slope).	Interactive lecture	25 min	A2-004 (Ch 5, art 511 to 512)

5. **Time:**
 - a. Introduction / Conclusion: 5 min
 - b. Interactive Lecture: 25 min
 - c. Total: 30 min

6. **Substantiation:** An interactive lecture was chosen for this lesson to orient the cadets to the interpreting of contour lines.
7. **Reference:** A2-004 B-GL-382-005-FP-001 Canadian Forces. (1976). *Maps, fields, sketching, and compasses* (Vol. 8). Ottawa, ON: The Department of National Defence.
8. **Training Aids:**
 - a. Topographical / military maps, and
 - b. Relief map training aid.
9. **Learning Aids:** Topographical / military map.
10. **Test Details:** Nil.
11. **Remarks:** This lesson shall be taught in an outdoor setting. The instructor should use actual elevation and relate it to the contour lines on the map. Although the use of simple models may help, it is not a substitute to outdoor instruction.

EO M122.04 – ORIENT A MAP BY INSPECTION

1. **Performance:** Orient a Map by Inspection
2. **Conditions:**
 - a. Given:
 - (1) Topographical / military maps,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Field setting during the day with at least three prominent objects that can be viewed / recognized by sight, and located on the given map.
3. **Standard:** The cadet shall orient a map by inspection, by:
 - a. selecting two or three prominent objects around their current location and finding them on the map;
 - b. rotating the map until all identified objects on the map line up with the direction in which the objects are located on the ground; and
 - c. checking visually to ensure that all features to their front are in front of their position on the map.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain the purpose of orienting a map by inspection.	Interactive Lecture	5 min	A2-004 (Ch 9, art 901)
TP2	Explain and demonstrate how to orient a map, to include: a. identifying approximate location on the map; b. selecting two or three prominent objects around current location and finding them on the map; c. rotating the map until all identified objects on the map line up with the direction in which the objects are located on the ground; and d. checking visually to ensure that all features to the cadet's front are in front of their position on the map.	Demonstration and Performance	20 min	A2-004 (Ch 9, art 902)

5. **Time:**
 - a. Introduction / Conclusion: 5 min
 - b. Interactive Lecture: 5 min
 - c. Demonstration and Performance: 20 min
 - d. Total: 30 min

6. **Substantiation:**

- a. An interactive lecture was chosen for TP 1 to orient the cadets to the purpose of orienting a map by inspection.
- b. A demonstration and performance was chosen for TP 2 as it allows the instructor to explain and demonstrate the procedure for orienting a map by inspection while providing an opportunity for the cadets to practice this skill.

7. **References:** A2-004 B-GL-382-005-FP-001 Canadian Forces. (1976). *Maps, fields, sketching, and compasses* (Vol. 8). Ottawa, ON: The Department of National Defence.

8. **Training Aids:**

- a. Presentation aids (i.e., whiteboard / flipchart / OHP) appropriate for classroom / training area, and
- b. Topographical / military maps of the training area being used.

9. **Learning Aids:** Topographical / military maps of the training area being used.

10. **Test Details:** Nil.

11. **Remarks:** Nil.

EO M122.05 – DETERMINE A GRID REFERENCE

1. **Performance:** Determine a Grid Reference
2. **Conditions:**
 - a. Given:
 - (1) Topographical / military maps,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group during map work.
3. **Standard:** The cadet shall determine four and six figure grid references (GR) (within the correct grid, and to 100 metres accuracy, respectively), for a series of features on a topographical map.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain the use of grid lines and the difference between eastings and northings, to include: a. eastings are a series of parallel lines plotted as an overlay to the map sheet, which are drawn from top to bottom and numbered sequentially from west to east; and b. northings are a series of parallel lines plotted as an overlay to the map sheet, which are drawn from left to right and numbered sequentially from south to north.	Interactive Lecture	5 min	A2-004 (Ch 6, art 601)
TP2	Explain, demonstrate, and have the cadets practise determining a four-figure grid reference, to include: a. four-figure GRs have four numerical digits; b. the numbers are listed by recording the two-digit easting followed by the two-digit northing; and c. the grid lines that intersect in the bottom left corner of the grid square in question identify the grid square.	Demonstration and Performance	10 min	A2-004 (Ch 6, art 602)

TP	Description	Method	Time	Refs
TP3	Explain, demonstrate and have the cadets practise estimating a six-figure GR, to include: a. using an imaginary grid system (an overlay to divide a grid square into 100 equal sized smaller grid squares with 10 along the bottom edge and 10 along the side edge). b. explaining grid reference accuracy, to include: (1) a four-figure GR is accurate to 1000 m (1 km), and (2) a more accurate GR is a six-figure grid reference, which is accurate to 100 m.	Demonstration and Performance	10 min	A2-004 (Ch 6, art 603 - 606)
TP4	Explain, demonstrate, and have the cadets construct a romer for use in determining six-figure GRs, to include: a. defining romer as a device used for measuring, instead of estimating, a point within a grid square. b. identifying the types of romers available for use and where to find them, to include: (1) compass, (2) protractor, and (3) constructed. c. constructing a romer by: (1) fetching a blank piece of paper with a square edge; (2) placing one side of the square edge along the hundred metre scale bars and marking off the one hundred metre segments beginning at the corner of the paper and working outward; (3) numbering these markings from zero (at the corner of the paper) to ten; and (4) repeating steps (2) and (3) for the adjacent edge.	Demonstration and Performance	10 min	A2-004 (Ch 6, art 610)

TP	Description	Method	Time	Refs
TP5	Explain, demonstrate, and have cadets practise determining a six-figure GR using a constructed romer, to include: a. placing the corner of the constructed romer on the conventional sign or location; b. determining the 4 figure GR (those are the first, second, fourth and fifth number of the 6 figure GR); c. reading the value along the X Axis of the romer where it crosses the easting on the map sheet (this is the third number of the 6 figure GR); and d. reading the value along the Y Axis of the romer where it crosses the northing on the map sheet (this is the sixth number of the 6 figure GR). Note: If the values read in d. and e. are between two numbers, it is necessary to round down to the nearest number.	Demonstration and Performance	15 min	A2-004 (Ch 6, art 610)

5. **Time:**

a.	Introduction / Conclusion:	10 min
b.	Interactive Lecture:	5 min
c.	Demonstration and Performance:	45 min
d.	Total:	60 min

6. **Substantiation:**

- a. An interactive lecture was chosen for TP 1 to orient the cadets to grid lines and to the difference between eastings and northings.
- b. A demonstration and performance was chosen for TPs 2 to 5 as it allows the instructor to explain and demonstrate how to determine 4 and 6 figure GR while providing an opportunity for the cadets to practice those skills.

7. **References:** A2-004 B-GL-382-005-FP-001 Canadian Forces. (1976). *Maps, fields, sketching, and compasses* (Vol. 8). Ottawa, ON: The Department of National Defence.

8. **Training Aids:**

- a. Presentation aids (i.e., whiteboard / flipchart / OHP) appropriate for classroom / training area,
- b. Topographical / military maps,
- c. Compass with romer, and
- d. Example of constructed romer.

9. **Learning Aids:**

- a. Topographical / military maps (one per two cadets), and
- b. Materials for the construction of a romer.

10. **Test Details:** Nil.

11. **Remarks:** Cadets are to be provided with adequate time during field training exercises to practise this skill.

EO M122.06 – FOLLOW A ROUTE LED BY A SECTION COMMANDER

1. **Performance:** Follow a Route Led by a Section Commander
2. **Conditions:**
 - a. Given:
 - (1) A prepared route,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Field setting, during daylight hours.
3. **Standard:** The cadet shall follow a route led by a Section Commander (Sect Comd) by:
 - a. orienting their map by inspection at the end of each leg; and
 - b. indicating their current position using a six-figure GR.
4. **Teaching Points:** The team of instructors (senior cadets) will:
 - a. review identifying a six-figure GR on a map;
 - b. divide the cadets into groups of four to six cadets, each led by an instructor;
 - c. lead the cadets along a predetermined route and identify major landmarks, allowing the cadets to track their route using a map, until it is felt the cadets have grasped the concept of tracking their route on the map.
 - d. ask the cadets to identify major landmarks as they proceed along the route.
 - e. at predetermined locations, that provide good visibility of major landmarks, stop the group (for breaks), and ask the cadets to orient their maps, and identify their location using a six-figure GR.
5. **Time:**

a. Introduction / Conclusion:	10 min
b. Practical activity:	260 min
c. Total:	270 min
6. **Substantiation:** A practical activity was chosen for this lesson as it is an interactive way to allow cadets to experience navigation skills in a safe and controlled environment.
7. **References:** A2-004 B-GL-382-005-FP-001 Canadian Forces. (1976). *Maps, fields, sketching, and compasses* (Vol. 8). Ottawa, ON: The Department of National Defence.
8. **Training Aids:**
 - a. Topographical / military maps, and
 - b. Romer.

9. **Learning Aids:**

- a. Topographical / military maps, and
- b. Romer.

10. **Test Details:** Nil.

11. **Remarks:**

- a. No instructional guide will be provided for this activity.
- b. This EO shall be conducted during the navigation / trekking FTX.

EO C122.01 – PRACTISE NAVIGATION AS A MEMBER OF A TEAM

1. **Performance:** Practise Navigation as a Member of a Team
2. **Conditions:**
 - a. Given:
 - (1) Map, as per activity chosen,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Any.
3. **Standard:** The cadet shall practise navigation skills, as a member of a team, to include:
 - a. orienting a map by inspection; and
 - b. determining position.
4. **Teaching Points:**
 - a. Conduct a briefing, to include:
 - (1) details of the activity, and
 - (2) actions to be taken if lost.
 - b. Divide the cadets into teams of three or four, and assign to each group a senior cadet.
 - c. Supervise the cadets' participation, choosing from the following categories:
 - (1) **Navigation using a street map.** Using a street map, groups navigate within a 2 km radius. Predetermined checkpoints are set out on prominent objects located between 150 – 250 m apart and include map tasks, allowing cadets to confirm skills taught.
 - (2) **Navigation scavenger hunt.** Using a topographic map, groups navigate to identified points on the map, and have the task of collecting items / information from these points (e.g., napkin from fast food location, with store's permission, river rock, phone number from a sign). Cadets are assigned points based on what items / information they are able to obtain.
 - (3) **Photo navigation hunt.** Using a topographic map, groups are given a handout showing a series of photos (e.g., sign, door, bridge, unique tree) taken in the local area. Cadets search out the location of the object in the photo, and record the six-figure GR of that location. Points are assigned based on difficulty of finding the object.
 - (4) **Trail map navigation.** Using a trail map, groups follow a route along an organized trail system.
 - d. Following completion of the activity, allow cadets time to share their experience, and ask questions about navigation issues they encountered during the activity.

5. **Time:**

- | | | |
|----|----------------------------|--------|
| a. | Introduction / Conclusion: | 10 min |
| b. | Practical activity: | 80 min |
| c. | Total: | 90 min |

6. **Substantiation:** A practical activity was chosen for this lesson as it is an interactive way to allow the cadets to experience navigation in a safe and controlled environment. This activity contributes to the development of navigational skills in a fun and challenging setting.

7. **References:** A2-004 B-GL-382-005-FP-001 Canadian Forces. (1976). *Maps, fields, sketching, and compasses* (Vol. 8). Ottawa, ON: The Department of National Defence.

8. **Training Aids:**

- a. Map, as per chosen activity, and
- b. Compass.

9. **Learning Aids:**

- a. Map, as per chosen activity, and
- b. Compass.

10. **Test Details:** Nil.

11. **Remarks:** This complementary activity can be conducted more than once, in various forms over supported complementary days, or over sessions.

SECTION 15**PO 123 – PARTICIPATE IN A DAY HIKE**

1. **Performance:** Participate in a Day Hike
2. **Conditions:**
 - a. Given:
 - (1) Hiking gear,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Field setting with Class 1 hiking terrain, during daylight hours.
3. **Standard:** The cadet will participate in a day hike, to include:
 - a. selecting hiking gear, to include:
 - (1) day pack,
 - (2) water bottle,
 - (3) footwear, and
 - (4) optional gear; and
 - b. following a leader along a predetermined route.
4. **Remarks:**
 - a. This PO shall be conducted during the navigation / hiking FTX.
 - b. Hiking distance shall be determined based on cadets' abilities.
5. **Complementary Material:**
 - a. Complementary material associated with PO 123 is designed to allow cadets to experience alternate methods of travel, and to improve their ability to deal with travel obstacles, to include:
 - (1) EO C123.01 (Participate in Adventure Training),
 - (2) EO C123.02 (Explain Snowshoe March Discipline), and
 - (3) EO C123.03 (Participate in a Snowshoeing Hike).
 - b. EO C123.03 (Adhere to Snowshoe March Discipline) may be conducted during C121.05 (Participate in Cold Weather Training).

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EO M123.01 – SELECT HIKING CLOTHING AND EQUIPMENT

1. **Performance:** Select Hiking Clothing and Equipment
2. **Conditions:**
 - a. Given:
 - (1) Examples of hiking clothing,
 - (2) Examples of hiking equipment,
 - (3) Supervision, and
 - (4) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall select hiking clothing and equipment, prior to participation in a day hike, to include:
 - a. day pack,
 - b. footwear,
 - c. water bottle, and
 - d. optional gear.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Identify the characteristics to consider when selecting a day pack, to include: a. types, including: (1) fanny pack (small pack), and (2) back pack; b. ideal padding, including: (1) back padding, and (2) shoulder strap padding; c. waist band, and d. day pack capacity.	Interactive Lecture	5 min	C2-017 (p. 21)

TP	Description	Method	Time	Refs
TP2	Explain the optimum characteristics to consider when selecting hiking footwear, to include: a. boots that are: (1) sturdy and light weight, (2) comfortable (snug fit), (3) sized correctly (can wiggle toes), (4) snug against heel, (5) equipped with a tongue which rests comfortably along the top of the toe, and (6) wide enough so that the boot matches the width of the foot (should have a little extra room); and b. socks (first line of defence), ensuring to employ the two sock layer system, to include: (1) inner sock, being: (a) a wicking layer, (b) a thin layer, and (c) made of polypropylene; and (2) outer sock, being: (a) properly sized, (b) made of wool or wool blend, (c) made of moisture absorbing materials, (d) cushioning to the foot, and (e) a source of insulation.	Interactive Lecture	10 min	C2-012 (p. 66) C2-017 (pp. 22-25)
TP3	Explain things to take into consideration during the selection of water bottles, to include: a. types, to include: (1) canteen, (2) rectangular, (3) bottle bag, and (4) camel pack; b. ideal material makeup, including: (1) lexan, (2) poly carbon, and (3) plastic; c. wide mouth versus narrow mouth, and d. capacity requirements.	Interactive Lecture	5 min	C2-017 (Ch 3 p. 13)

TP	Description	Method	Time	Refs
TP4	Explain the selection of optional hiking equipment, to include: a. raingear, b. hat, c. extra insulation layer, d. sunglasses, e. sunscreen, f. insect repellent, g. camera and film, h. note book and pencil, i. bathing suit and towel, and j. binoculars. Note: Optional hiking gear should be selected based on suitability for the activity.	Interactive Lecture	5 min	

5. **Time:**

- | | | |
|----|----------------------------|--------|
| a. | Introduction / Conclusion: | 5 min |
| b. | Interactive Lecture: | 25 min |
| c. | Total: | 30 min |

6. **Substantiation:** An interactive lecture was chosen for this lesson to introduce the cadets to hiking clothing and equipment.

7. **References:**

- a. C2-012 0-89886-643-X Weiss, H. (1988). *Secrets of warmth for comfort or survival*. Seattle, WA: The Mountaineers.
- b. C2-017 0-7627-0476-4 Roberts, H. (1999). *Basic essentials, backpacking*. Guilford, CT: The Globe Pequot Press.

8. **Training Aids:**

- a. Presentation aids (i.e., whiteboard / flipchart / OHP) appropriate for classroom / training area; and
- b. Hiking clothing and equipment, to include:
 - (1) day packs,
 - (2) socks,
 - (3) water bottles, and
 - (4) optional gear.

9. **Learning Aids:** Nil.

10. **Test Details:** Nil.

11. **Remarks:**

- a. This lesson shall be delivered prior to EO M123.02 (Participate in a Day Hike).
- b. Instructors are encouraged to present locally available examples of hiking gear to better demonstrate the various styles and materials available.

EO M123.02 – PARTICIPATE IN A DAY HIKE

1. **Performance:** Participate in a Day Hike
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Field setting with Class 1 hiking terrain, during daylight hours.
3. **Standard:** The cadet shall participate in a day hike, to include:
 - a. determining personal food and water requirements; and
 - b. following a leader during a day hike.
4. **Teaching Points:** Supervise the cadets as they participate in a day hike, teaching the following points along the route:
 - a. Describe trail etiquette methods that accomplish the “leave no trace” ideologies while hiking, to include:
 - (1) repackaging food before leaving (reducing the likelihood of litter);
 - (2) staying on established trails;
 - (3) walking on durable surfaces;
 - (4) traveling in small groups; and
 - (5) avoiding making loud noise.
 - b. Describe preventative action that should be taken for physical conditions that may develop when hiking, to include
 - (1) blisters,
 - (2) hot spots,
 - (3) plantar fasciitis,
 - (4) shin splints,
 - (5) muscle cramps, and
 - (6) sprains
 - c. Explain and demonstrate how to develop a personal hiking rhythm that will increase performance and endurance, by:
 - (1) determining stride rhythm and speed through a fixed pace that can be maintained throughout the hike, for periods of an hour at a time;
 - (2) controlling fatigue by stopping for scheduled rest periods of 10 minutes roughly an hour apart;

- (3) adjusting selected rhythm to account for terrain, weather and weight; and
- (4) employing full body synchronization, thus enhancing hiking rhythm;
- d. Discuss the purpose of resting intervals during heavy hiking periods, to include:
 - (1) slowing the heart and breathing;
 - (2) resting the lungs;
 - (3) reducing lactic acid build up;
 - (4) providing time for the body and mind to rest; and
 - (5) airing out foot wear, and resting feet during longer breaks (i.e., lunch, supper break)
- e. Explain the selection of food rations that can be consumed during a day hike, to include:
 - (1) types of rations, such as staple, freeze dried, and trail food,
 - (2) benefits of each type of food ration, and
 - (3) eating frequency, such as meals and trail snacking;
- f. Explain potable water requirements for consumption during a day hike, to include:
 - (1) daily water requirements,
 - (2) performance related water loss,
 - (3) daily water intake by weight,
 - (4) methods for maintaining safe hydration levels,
 - (5) the location of water sources, from which water can be drawn and purified.

5. **Time:**

- | | |
|-------------------------------|---------|
| a. Introduction / Conclusion: | 10 min |
| b. Experiential Learning: | 260 min |
| c. Total: | 270 min |

6. **Substantiation:** An experiential approach was chosen for this lesson as it allows the cadets to acquire new knowledge and skills through a direct experience. The cadets experience hiking and define that experience on a personal level. The cadets will be given the opportunity to reflect on and examine what they saw, felt and thought while hiking and consider how it relates to what they already learned and experienced as well as how it will relate to future experiences.

7. **References:**

- a. C2-009 0-684-85909-2 Harvey, M. (1999). *The national outdoor leadership school's wilderness guide*. New York, NY: Fireside.
- b. C2-010 0-375-70323-3 Rawlins, C., & Fletcher, C. (2004). *The complete walker IV*. New York, NY: Alfred A. Knopf.
- c. C2-034 0-87322-637-2 Priest, S., & Gass, M. (2005). *Effective leadership in adventure programming* (2nd ed.). Windsor ON: Human Kinetics Publishing Inc.

8. **Training Aids:**

- a. Examples of rations, and
- b. Snacks.

9. **Learning Aids:** Nil.

10. **Test Details:** Nil.

11. **Remarks:**

- a. To deliver this lesson, the instructor shall take advantage of teachable moments and rest stops, to allow cadets to relate to the material being taught.
- b. It is necessary that cadets' characteristics be taken into consideration when selecting the hiking route.
- c. EO M123.01 (Select Hiking Clothing and Equipment) shall be completed prior to this lesson.

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EO C123.01 – PARTICIPATE IN ADVENTURE TRAINING

1. **Performance:** Participate in Adventure Training
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environment: Field setting, during the adventure training FTX.
3. **Standard:** The cadet shall participate in an adventure training activity as outlined in the A-CR-CCP-951/PT-002, *Royal Canadian Army Cadets Adventure Training Safety Standards*.
4. **Teaching Points:** Supervise the cadets' participation in adventure training.
5. **Time:**

a. Introduction / Conclusion:	10 min
b. Experiential Learning:	530 min
c. Total:	540 min
6. **Substantiation:** An experiential approach was chosen for this lesson as it allows the cadets to acquire new knowledge and skills through a direct experience. The cadets experience adventure training and define that experience on a personal level. The cadets will be given the opportunity to reflect on and examine what they saw, felt and thought while participating in adventure training and consider how it relates to what they already learned and experienced as well as how it will relate to future experiences.
7. **References:** A2-001 A-CR-CCP-951/PT-002 Canadian Forces. (2006). *Royal Canadian army cadets adventure training standards*. Ottawa, ON: The Department of National Defence.
8. **Training Aids:** As per selected activity.
9. **Learning Aids:** As per selected activity.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. Options may be limited based on resources requirement.
 - b. Hiking may be a component of the weekend activity; however, it shall not normally be the only adventure training activity selected.
 - c. No instructional guide is provided for this EO.

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EO C123.02 – EXPLAIN SNOWSHOE MARCH DISCIPLINE

1. **Performance:** Explain Snowshoe March Discipline
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall explain march discipline, to include:
 - a. making adequate preparations before the march;
 - b. recognizing and mitigating cold-related hazards;
 - c. maintaining march formations; and
 - d. participating in medical inspections during and following the march.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain points to consider when preparing to embark on a winter hike, to include: a. dress, b. hike route, and c. trail breaking.	Interactive Lecture	10 min	A2-009 (p. 2-6)
TP2	Explain points to consider when on a winter hike, to include: a. rest periods, to include: (1) equipment and clothing checks, (2) physical breaks, (3) refreshments, (4) frostbite checks, and (5) windbreaks; and b. march formations, to include: (1) single file, and (2) parallel columns.	Interactive Lecture	10 min	A2-009 (p. 4-12 - 4-13)

TP	Description	Method	Time	Refs
TP3	Explain what should be taken into consideration when concluding a winter hike, to include conducting medical inspections for: a. frostbite buddy checks, b. body injuries, and c. cold and flu symptoms.	Interactive Lecture	5 min	A2-009 (p. 4-13)

5. **Time:**

- a. Introduction / Conclusion: 5 min
- b. Interactive Lecture: 25 min
- c. Total: 30 min

6. **Substantiation:** An interactive lecture was chosen for this lesson to introduce the cadets to snowshoe march discipline.
7. **References:** A2-009 A-CR-CCP-107/PT-002 Director Cadets. (1978). *Royal Canadian army cadets course training plan corps training program winter adventure training manual*. Ottawa, ON: The Department of National Defence.
8. **Training Aids:** Presentation aids (i.e., whiteboard / flipchart / OHP) appropriate for classroom / training area.
9. **Learning Aids:** Nil.
10. **Test Details:** Nil.
11. **Remarks:** This lesson is best delivered under the supervision of a cold weather instructor.

EO C123.03 – PARTICIPATE IN A SNOWSHOEING HIKE

1. **Performance:** Participate in a Snowshoeing Hike
2. **Conditions:**
 - a. Given:
 - (1) Snowshoes,
 - (2) Mukluks,
 - (3) Supervision, and
 - (4) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Field setting, during daylight hours.
3. **Standard:** The cadet shall participate in a snowshoe hike.
4. **Teaching Points:** Supervise the cadets as they participate in a snowshoe hike, teaching the following points along the route:
 - a. Discuss snow, to include:
 - (1) conditions of temperature, to include:
 - i. sunlight, and
 - ii. wind;
 - (2) the three main characteristics of snow, to include:
 - i. carrying capacity,
 - ii. sliding ability, and
 - iii. holding ability; and
 - (3) the four categories of snow, to include:
 - i. wet,
 - ii. moist,
 - iii. dry, and
 - iv. new.
 - b. Describe snowshoe components, to include:
 - (1) frames, to include:
 - i. wood,
 - ii. aluminum, and
 - iii. plastic;
 - (2) decking, and
 - (3) bindings.

- c. Explain and demonstrate snowshoeing techniques, to include:
 - (1) walking forward;
 - (2) walking backwards;
 - (3) edging;
 - (4) traversing;
 - (5) going downhill; and
 - (6) using poles.
- 5. **Time:**
 - a. Introduction / Conclusion: 10 min
 - b. Experiential Learning: 150 min
 - c. Total: 270 min
- 6. **Substantiation:** An experiential approach was chosen for this lesson as it allows the cadets to acquire new knowledge and skills through a direct experience. The cadets experience snowshoeing and define that experience on a personal level. The cadets will be given the opportunity to reflect on and examine what they saw, felt and thought while participating in snowshoeing and consider how it relates to what they already learned and experienced as well as how it will relate to future experiences.
- 7. **References:**
 - a. A2-009 A-CR-CCP-107/PT 002 Director Cadets. (1978). *Royal Canadian army cadets course training plan corps training program winter adventure training manual*. Ottawa, ON: The Department of National Defence.
 - b. C2-013 0-8117-2928-1 Griffin, S. A. (1998). *Snowshoeing*. Mechanicsburg, PA: Stackpole Books.
- 8. **Training Aids:**
 - a. Mukluks, and
 - b. Snowshoes.
- 9. **Learning Aids:**
 - a. Snowshoes, and
 - b. Mukluks.
- 10. **Test Details:** Nil.
- 11. **Remarks:**
 - a. This lesson is best delivered under the supervision of a cold weather instructor.
 - b. EO C123.02 (Explain Snowshoe March Discipline) shall be conducted prior to this lesson.
 - c. The route chosen for the march should cover different types of terrain, allowing the cadets a full snowshoeing experience, and simulating most conditions found in the field.

INSTRUCTIONAL METHODOLOGIES AND THEIR APPLICATIONS

The various methods of instruction commonly accepted as appropriate for cadet training is outlined below.

METHOD	DEVELOPMENTAL PERIOD ONE AGES 12 – 14 EXPERIENCE-BASED	DEVELOPMENTAL PERIOD TWO AGES 15 – 16 DEVELOPMENTAL	DEVELOPMENTAL PERIOD THREE AGES 17 – 18 COMPETENCY
Behaviour Modeling	Not applicable	Not applicable	Applicable
Case Study	Not applicable	Applicable	Applicable
Demonstration and Performance	Applicable	Applicable	Applicable
Experiential Learning	Applicable	Applicable	Applicable
Field Trip	Applicable	Applicable	Applicable
Game	Applicable	Applicable	Applicable
Group Discussion	Applicable	Applicable	Applicable
Guided Discussion	Not applicable	Not applicable	Applicable
In-class Activity	Applicable	Applicable	Applicable
Interactive Lecture	Applicable	Applicable	Applicable
Lecture	Applicable	Applicable	Applicable
On-the job Training (OJT)	Not applicable	Not applicable	Applicable
Peer Learning	Not applicable	Not applicable	Applicable
Practical Activity	Applicable	Applicable	Applicable
Problem-based Learning	Not applicable	Applicable	Applicable
Role Play	Not applicable	Applicable	Applicable
Self-Study	Not applicable	Not applicable	Applicable
Seminar Method	Not applicable	Not applicable	Applicable
Simulation	Not applicable	Not applicable	Applicable
Tutorial	Not applicable	Not applicable	Applicable

INSTRUCTIONAL METHODOLOGIES AND THEIR APPLICATIONS

General information follows on each method for its age-appropriateness, definition, application, advantages and disadvantages.

METHOD(S)	APPLICATIONS	ADVANTAGES	DISADVANTAGES
CASE STUDY Cadets are given a written problem, situation or scenario, to which they respond either individually or as a group in order to achieve a performance objective. The problem situation or scenario should match the experience level of the cadets and they should be given enough time either before or during the instructional period to analyze it. Responses to the case should be recorded under four headings: Facts, Assumptions, Problems and Solutions	1. Learning principles, attitudes and concepts.	1. Effective application of teaching principles instead of "preaching". 2. Cadets can help each other learn. 3. High energy and perfect demonstrations. 4. Can be easily related to a real life situation in the past and for future applications.	1. Must be well organized and facilitated in order to ensure learning takes place.
DEMONSTRATION AND PERFORMANCE Cadets observe the instructor performing the task in a demonstration, and rehearse it under the supervision of the instructor. A good example of this is drill instruction, where cadets are shown a movement and given the opportunity to practice and perform it.			
Demonstration Method A method of instruction where the instructor, by actually performing an operation or doing a job, shows the cadet what to do, how to do it and through explanations brings out why, where and when it is done.	Demonstration Method 1. To teach manipulative hands-on operations or procedures. 2. To teach troubleshooting. 3. To illustrate principles. 4. To teach operation or functioning of equipment. 5. To teach teamwork. 6. To set standards of workmanship. 7. To teach safety procedures.	Demonstration Method 1. Minimizes damage and waste. 2. Saves time. 3. Can be presented to large groups.	Demonstration Method 1. Requires careful preparation and rehearsal. 2. Requires special classroom arrangements. 3. Requires equipment and aids.

METHOD(S)	APPLICATIONS	ADVANTAGES	DISADVANTAGES
Performance Method A method in which the cadet is required to perform, under controlled conditions, the operations, skill or movement being taught.	Performance Method 1. To teach manipulative hands-on operations or procedures. 2. To teach operations or functioning of equipment. 3. To teach team skills. 4. To teach safety procedures.	Performance Method 1. Builds confidence. 2. Enables learning evaluation. 3. Reduces damage and waste. 4. Promotes safety.	Performance Method 1. Requires tools and equipment. 2. Requires large blocks of time. 3. Requires more instructors.

METHOD(S)	APPLICATIONS	ADVANTAGES	DISADVANTAGES
EXPERIENTIAL LEARNING Learning in the cadet program is centred on experiential learning. This involves learning knowledge and skills from direct experience. People learn best from their own experiences and can then apply the knowledge and skills in new situations. The four stages of the cycle may be considered and applied to all activities within the Cadet Program, regardless of methodology chosen. Stage 1: Concrete Experience: Cadets have an experience and take time to identify and define what the experience is. Sample activities: direct observations, simulations, field trips, and reading. Stage 2: Reflective Observation: Cadets need to reflect on and examine what they saw, felt and thought while they were having the experience. Sample activities: discussion, journals / logs, and graphs. Stage 3: Abstract Conceptualization: Cadets work to understand and make connections from the experience to new or different situations. Sample activities: interview, discussion, model building, analogies and planning. Stage 4: Active Experimentation: Cadets look ahead to and plan the application of skills and knowledge acquired to future experience. Sample activities include: simulation, fieldwork. Note: The cycle is ongoing as each learning experience builds on another.	- To teach practical skills. - To learn how to learn. - To teach transferable skills. - To teach the process or principle. - To teach problem solving.	- Knowledge is shared and created by everyone. - Everyone is actively involved in the teaching – learning process. - Numerous resources are used. - Cadet based.	- Many resources are required (may be expensive). - Needs a lot of planning, preparation and organization prior to activity. - The instructor must master the subject developed. - Instructor needs very good pedagogical skills. - May not be a good process for learning details.

METHOD(S)	APPLICATIONS	ADVANTAGES	DISADVANTAGES
FIELD TRIP Theoretical knowledge is reinforced through participation in an activity in a real-life setting. Prior planning helps to ensure all pre-training and safety standards are met. Field trip activities are planned and carried out to achieve clear instructional objectives that are understood by the cadets. Examples can include trips to areas of local interest, flying / gliding, hiking or sailing.	1. Awareness of historical situations. 2. Can be used in conjunction with many other instructional methods. 3. To introduce / illustrate and confirm topics.	1. Immerse cadets in a specific environment.	1. May be difficult to control. 2. Needs much organization and preparation. 3. May have cost involved.
GAME Games are used with one or more participants to practice skills, apply strategies and enhance teams. It is critical that the game supports learning through the provision of a challenging activity that allows for the skill practice or knowledge confirmation. Games are a fun and interesting way to introduce a topic, expand cadets' understanding knowledge of topic or review material.	1. Practical situations. 2. Discovery of concepts and principles. 3. Review and confirmation. 4. Games include rules and assessment.	1. Fun, interesting. 2. Creates ownership. 3. Highly participative. 4. Many resources involved.	1. May stratify the group by creating a winner and a loser. 2. May be difficult to providing instructor feedback.

METHOD(S)	APPLICATIONS	ADVANTAGES	DISADVANTAGES
GROUP DISCUSSION Cadets discuss issues, share knowledge, opinions and feelings about a topic in small groups to a specific goal. The instructor's questioning is flexible and minimal, and aims at encouraging cadets to explore their own experiences and opinions through peer interaction.	1. To develop imaginative solutions to problems. 2. To stimulate thinking and interest and to secure cadet participation. 3. To emphasize main teaching points. 4. To supplement lectures. 5. To determine how well cadets understand the concepts and principles. 6. To prepare cadets for application of theory or procedure. 7. To summarize, clarify points or review. 8. To prepare cadets for instruction that will follow. 9. To determine cadet progress and effectiveness of prior instruction.	1. Increases cadet interest. 2. Increases cadet acceptance and commitment. 3. Utilizes cadet knowledge and experience. 4. Results in more permanent learning because of the high degree of cadet participation / cognitive involvement.	1. Requires highly skilled instructors. 2. Required preparation by cadets. 3. Limits contents. 4. Consumes time. 5. Restricts size of group. 6. Requires selective group composition.
IN-CLASS ACTIVITY In-class activities encompass a wide variety of activity-based learning opportunities that can be used to reinforce instructional topics or to introduce cadets to new experiences. In-class activities should provoke thought and stimulate interest among cadets, while maintaining relevance to the performance objectives. Examples of these activities include learning stations, videos, brainstorming / debating.	1. To reinforce instructional topics. 2. To orient cadets to the subject. 3. To introduce a subject. 4. To give direction on procedures. 5. To present basic material. 6. To introduce a demonstration, discussion or performance. 7. To illustrate the application of rules, principles or concepts. 8. To review, clarify, empathize or summarize.	1. To provoke thought and stimulate interest among cadets, while maintaining relevance to the performance objectives. 2. Permits flexibility with class size. 3. Requires less rigid space requirements. 4. Permits adaptability. 5. Permits versatility. 6. Permits better control over content and sequence.	1. Encourages cadet passiveness. 2. Difficult to gauge cadet reaction. 3. Takes time to prepare.

METHOD(S)	APPLICATIONS	ADVANTAGES	DISADVANTAGES
INTERACTIVE LECTURE The instructor-driven methodology combines both lecture and interaction to meet lesson objectives. Lecture portions of the lesson are offset with relevant activities such as videos with discussion, games to confirm and completion of handouts.	1. To orient cadets to the subject. 2. To introduce a subject. 3. To give instruction on procedures. 4. To present basic material. 5. To illustrate the application of rules, principles or concepts. 6. To review, clarify, empathize or summarize.	1. Saves time. 2. Permits flexibility of class size. 3. Requires less rigid space requirements. 4. Permits adaptability. 5. Permits versatility. 6. Permits better control over content and sequence.	1. Involves one-way communication. 2. Poses problems in skill teaching. 3. Encourages passive behaviour. 4. Difficult to gauge cadet reaction. 5. Requires highly skilled instructors. 6. Requires a high level of concentration from the cadets.
LECTURE This is a formal or semi-formal discourse in which the instructor presents a series of events, facts, principles, explores a problem or explains relationships.	1. To orient cadets to the subject. 2. To introduce a subject. 3. To give instruction on procedures. 4. To present basic material. 5. To illustrate the application of rules, principles or concepts. 6. To review, clarify, empathize or summarize.	1. Proficient oral skills are required. 2. Useful for big groups. 3. Saves time because of fewer interruptions.	1. Should have a clear introduction and conclusion. 2. Cadets may be passive and uninvolved.
PRACTICAL ACTIVITY Practical activities encompass a wide variety of activity-based learning opportunities that can be used to reinforce and practice instructional topics or to introduce cadets to new experiences. Practical activities should stimulate interest among cadets and encourage their participation, while maintaining relevance to the performance objectives.	1. Review. 2. In practical situations such as leadership development, parade appointments, etc. 3. To introduce a subject.	1. Encourage participation by cadets. 2. Stimulate interest in the subject. 3. Maintain relevance to the performance objectives. 4. Fun and interesting. 5. Creates ownership. 6. Highly participative in small groups. 7. Many resources involved.	1. Extensive supervision is required to ensure proper content is covered. 2. Takes time to prepare. 3. Not suitable for large groups.

METHOD(S)	APPLICATIONS	ADVANTAGES	DISADVANTAGES
PROBLEM-BASED LEARNING Cadets analyse a problem, apply the steps in the problem solving method and work toward solving the problem in small groups. Problem-based learning requires cadets to participate and interact with each other while developing critical thinking skills. Instructors choose problem that stimulate thought, reinforce learning and relate to the cadets' interest and needs. Throughout the exercise, instructors pose thought-provoking questions and guide cadets without influencing their decisions.	1. Review. 2. In practical situations such as leadership development, parade appointments, etc.	1. Encourage participation by cadets. 2. Stimulate interest in the subject. 3. Maintain relevance to the performance objectives. 4. Many resources involved.	1. Critical thinking skills are required. 2. Broad knowledge of the subject matter is required.
ROLE PLAY Cadets are assigned roles requiring them to interact with others in responding to various realistic situations. The instructor identifies the purpose of the role-play, provides the cadets with enough background information to help them accurately play their assigned role, and motivates them to become more fully involved in the activity. De-brief after the role-play is essential to connect the activity with the PO / EO.	1. Skills associated with social systems or human interactions; practical situations eg. CHAP, discipline issues, behaviour on the range, leadership, instructional techniques. 2. Attitudinal objectives.	1. High participation, interactive delivery and may lead to discussions. 2. Experience is developed in a supportive environment. 3. Can be very versatile depending on application eg, introduce a topic, mid-stage learning or as confirmation.	1. Participants can be easily sidetracked, need for good preparation and controls must be set appropriately. 2. Competence, experience and prepared instructors required.