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.

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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

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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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