EO C211.03 – FIRE THE CADET AIR RIFLE USING A SLING FOLLOWING PHYSICAL ACTIVITY

1. **Performance**: Fire the Cadet Air Rifle Using a Sling Following Physical Activity

2. **Conditions**:

   a. Given:

      (1) cadet air rifle;

      (2) cadet air rifle sling;

      (3) biathlon air rifle target (BART);

      (4) safety glasses/goggles;

      (5) Shooting Mat;

      (6) supervision; and

      (7) assistance as required.

   b. Denied: N/A.

   c. Environmental: Suitable classroom facilities or training area large enough to accommodate the entire group.

3. **Standard**: In accordance with specified references, the cadet shall fire the cadet air rifle using the cadet air rifle sling following physical activity.

4. **Teaching Points**:

TP	Description	Method	Time	Refs
TP1	In accordance with EO C206.01 (Practice Holding Techniques), review holding techniques using the cadet air rifle sling.	Interactive Lecture	5 min	A0-027 (pp. 2-7 and 2-8)
TP2	Conduct a warm-up session composed of light cardiovascular exercises.	Practical Activity	5 min	C0-002 (pp. 109 to 113) C0-089
TP3	Conduct an activity where cadets will fire the cadet air rifle using a sling following physical activity.	Practical Activity	10 min	
TP4	Conduct a cool-down session composed of light cardiovascular exercises.	Practical Activity	5 min	C0-002 (pp. 109 to 113) C0-089

5. **Time**:

   a. Introduction / Conclusion: 5 min

   b. Interactive Lecture: 5 min

   c. Practical Activity: 20 min

   d. Total: 30 min

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6. **Substantiation**:

   a. An interactive lecture was chosen for TP1 to review holding techniques using the cadet air rifle sling.

   b. A practical activity was chosen for TP2-4 as it is an interactive way to allow the cadets to experience firing the cadet air rifle using a sling following physical activity.

7. **References**:

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

   b. C0-002 (ISBN 0-88962-630-8) LeBlanc, J. and 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 16 October 2006, from http://www.marthajefferson.org/warmup.php.

   d. C0-058 Webb Physiotherapists Inc. (ND). *Running Exercises.* Retrieved 26 October 2006 from http://www.physioline.co.za/conditions/article.asp?id=46.

   e. C0-059 Webb Physiotherapists Inc. (ND). *Exercise Programme for Squash, Tennis, Softball, Handball.* Retrieved 25 October 2006 from http://www.physioline.co.za/conditions/article.asp?id=49.

   f. C0-060 Impacto Protective Products Inc. (1998). *Exercises.* Retrieved 25 October 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 26 October 2006, from http://in-motion.ca/walkingworkout/plan/flexibility/.

   h. C0-080 Cool Running. (2007). *Cool Running*. Retrieved 12 February 2007, from http://www.coolrunning.com/engine/2/2_3/181.shtml.

   i. C0-085 Daisy Outdoor Products. (2006). *AVANTI competition pellet rifle: Operation manual: AVANTI legend model 853.* Rogers, AR: Daisy Outdoor Products.

   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 26 October 2006, from http://lin.ca/resource/html/dn3.htm#l1.

8. **Training Aids**:

   a. Presentation aids (e.g. whiteboard/flipchart/OHP) appropriate for the classroom/training area;

   b. Shooting mats;

   c. Cadet air rifle; and

   d. Cadet air rifle sling.

9. **Learning Aids**:

   a. Cadet air rifle;

   b. Biathlon air rifle target (BART);

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c. Safety glasses/goggles;

d. Target frames; and

e. Cadet air rifle sling.

10. **Test Details**: N/A.

11. **Remarks**: EO C206.01 must be completed prior to this lesson.

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