ROYAL CANADIAN AIR CADETS

PROFICIENCY LEVEL ONE

INSTRUCTIONAL GUIDE

SECTION 1

EO M107.01 – DISCUSS YEAR ONE TRAINING

Total Time:	30 min

PREPARATION

PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-801/PG-001, *Proficiency Level One Qualification Standard and Plan*, Chapter 4. Specific uses for said resources are identified throughout the instructional guide within the TP for which they are required.

Review the lesson content and become familiar with the material prior to delivering the lesson.

PRE-LESSON ASSIGNMENT

Nil.

APPROACH

An interactive lecture was chosen for this lesson to orient the cadets to year one training and optional training opportunities at the squadron.

INTRODUCTION

REVIEW

Nil.

OBJECTIVES

By the end of this lesson the cadet shall have identified year one training.

IMPORTANCE

Having an overview of the training opportunities available in level one prepares new cadets for the training year. They will be able to see how training fits together and identify areas of interest.

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Teaching point 1 **Explain proficiency level one subject areas and performance objectives.**

Time: 15 min Method: Interactive Lecture

PERFORMANCE OBJECTIVES

The cadet training program is comprised of subject areas which are delivered as performance objectives (POs). There POs in proficiency level one are:

Level 1 PO and Subject Area	Description
100 – Positive Social Relations for Youth	Prepares cadets to interact comfortably within the cadet community, interact positively with others, exercise sound judgement, accept personal responsibility for actions and choices, deal with interpersonal conflict, and see assistance from available resources when needed.
101 – Citizenship	Helps cadets be good citizens by encouraging them to perform simple, individual acts in everyday life that will better the lives of others in the community.
102 – Community Service	Encourage cadets to become more active in their communities through participation in a community service activity.
103 – Leadership	Discuss characteristics of followers, set personal goals and participate in team building activities.
104 – Personal Fitness and Healthy Living	Identify activities that will help achieve a healthy lifestyle and develop a personal activity plan.
105 – Physical Activities	Participate in various physical activities.
106 – Air Rifle Marksmanship	Learn the safe handling procedures and techniques in the firing of the cadet air rifle.
107 – General Cadet Knowledge	Discuss training opportunities, identify and address squadron members, wear the cadet uniform.
108 – Drill and Ceremonial	Perform basic movements at the halt and on the march to participate in squadron parades.
120 – CF Familiarization	Participate in Canadian Forces familiarization activities and identifying the mission and objectives of the CF and the role of the air force in the CF.
121 – Canadian Aviation, Aerospace, Aerodrome Operations and Aircraft Manufacturing and Maintenance Community Familiarization	Participate in Canadian Aviation, Aerospace and Aerodrome Operations and Aircraft Manufacturing and Maintenance Community familiarization activities.
129 – Radio Communication	Communicate using the phonetic alphabet and numbers.

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Level 1 PO and Subject Area	Description
130 - Aviation	Identify aircraft as military, civilian and cadet, describe the main components of an airplane and becoming familiar with aviation history.
140 - Aerospace	Become familiar with important events in space history and build a model rocket.
160 – Aerodrome Operations	Construct a model aerodrome to become familiar with major aerodrome components and features of a runway.
170 – Aircraft Manufacturing and Maintenance	Discuss aspects of aircraft manufacturing and maintenance and tour a local aviation maintenance facility.
190 – Aircrew Survival	Participate in an overnight aircrew survival exercise.

CONFIRMATION OF TEACHING POINT 1

QUESTION:

Q1. Name one of the subjects taught in Year One (go around the class until all POs have been listed).

ANTICIPATED ANSWER:

A1. Positive Social Relations for Youth.
Citizenship.
Community service.
Leadership.
Personal fitness and healthy living.
Physical Activity.
Air rifle marksmanship.
General cadet knowledge.
Drill and ceremonial.
CF Familiarization.
Canadian aviation, aerospace, aerodrome operations and aircraft manufacturing and maintenance community familiarization.
Radio Communication.
Aviation.
Aerospace.
Aircraft manufacturing and maintenance.
Aerodrome Operations.
Aircrew Survival.

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Teaching point 2 **Discuss squadron optional training.**

Time: 10 min Method: Interactive Lecture

SQUADRON OPTIONAL TRAINING

In addition to the mandatory training, the squadron may also offer extracurricular activities, called optional training. This may include, but is not limited to:

- bands,
- drill teams,
- sports teams,
- interest clubs,
- ground school,
- biathlon,
- marksmanship,
- trips and tours, and
- special events.

Days of training, timings, level of participation and any other important details should be included.



Discuss only optional activities provided by the squadron. Cadets or staff members involved with those specific activities can be invited to give short presentations.

CONFIRMATION OF TEACHING POINT 2

QUESTION:

Q1. Which optional activities are you most interested in?

ANTICIPATED ANSWER:

A1. Will vary by cadet.

END OF LESSON CONFIRMATION

QUESTIONS:

Q1. Name five of the subjects taught in Year One.

Q2. Name one optional activity offered by the squadron (go around the class until the main activities are covered).

ANTICIPATED ANSWERS:

A1. Positive Social Relations for Youth.
Citizenship.

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Community service.
Leadership.
Personal fitness and healthy living.
Physical Activity.
Air rifle marksmanship.
General cadet knowledge.
Drill and ceremonial.
CF Familiarization.
Canadian aviation, aerospace, aerodrome operations and aircraft manufacturing and maintenance community familiarization.
Radio Communication.
Aviation.
Aerospace.
Aircraft manufacturing and maintenance.
Aerodrome Operations.
Aircrew Survival.

A2. Will vary by squadron.

CONCLUSION

HOMEWORK / READING / PRACTICE

The squadron training calendar will have information on optional activities.

METHOD OF EVALUATION

Nil.

CLOSING STATEMENT

There is a wide variety of training available in level one. Cadets should look for opportunities to become involved in activities that interest them. The more activities cadets get involved in at the unit, the more they will enjoy and benefit from the program.

INSTRUCTOR NOTES / REMARKS

Much of the material in this lesson will be specific to each squadron. The squadron training plan must be reviewed in order to accurately represent the mandatory, complementary and support days.

REFERENCES

A3-029 CATO 51-01 Director Cadets 3. (2006). *Air cadet program outline*. Ottawa, ON: Department of National Defence.

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