ROYAL CANADIAN ARMY CADETS

SILVER STAR

INSTRUCTIONAL GUIDE

SECTION 5

EO C325.02 – PARTICIPATE IN A PRESENTATION ON THE DUKE OF EDINBURGH AWARD PROGRAM

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-703/PG-001, 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.

Contact the local Duke of Edinburgh Award program division and gather presentation material about the Duke of Edinburgh Award program.

A member of the corps staff may present this lesson if a Duke of Edinburgh Award program representative is unavailable.

PRE-LESSON ASSIGNMENT

N/A

APPROACH

An interactive lecture was chosen for this lesson to introduce, clarify, emphasize and summarize the objectives of the Duke of Edinburgh Award program.

INTRODUCTION

REVIEW

N/A.

OBJECTIVES

By the end of this lesson the cadet shall have participated in a presentation on the Duke of Edinburgh Award program.

IMPORTANCE

It is important for cadets to know all opportunities for growth available to them. The Duke of Edinburgh Award program is one opportunity that is widely available to cadets. By knowing what the program entails and what the rewards are, cadets will have a better understanding of the program and be able to decide if they wish to become a participant.

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BACKGROUND KNOWLEDGE



The material for this lesson will be gathered from the provincial office of the Duke of Edinburgh Award program. Videos, brochures and activities used to present the information can be found at www.dukeofed.org.

The program was founded in 1956 by His Royal Highness Prince Philip, The Duke of Edinburgh K.G. K.T. in London, England, as a means to encourage and motivate youth. The goal of the Duke of Edinburgh Award program is to encourage young people's participation in activities they already enjoy and to develop personal goals and encourage achievement based on individual effort and improvement.

The Duke of Edinburgh Award program is about personal challenge, and aims to encourage and stimulate:

1. self-reliance and self-discipline,
2. perseverance and determination,
3. initiative and creativity,
4. community involvement and social responsibility,
5. value orientation and value-oriented decision making,
6. the spirit of adventure,
7. fitness of body and mind,
8. vocational, cultural and family life skills, and
9. international understanding and awareness.

The award is a lapel pin or brooch, and an inscribed certificate of achievement. Upon completion of the Gold award, the individual will be presented the award by HRH Prince Philip.

More than 30 000 young Canadians are currently participating in the Duke of Edinburgh Award program; many within the Canadian Cadet Movement.

Teaching point 1 **Describe the Different Levels of the Program**

Time: 5 min Method: Interactive Lecture

There are three levels within the Duke of Edinburgh Award program. Each successive level requires more commitment and becomes more demanding. The levels are Bronze, Silver and Gold. A young person may choose to participate at any time and any level, keeping in mind the prescribed age requirements.

Bronze. For youth over the age of 14. There is a minimum 6-month period of participation.

Silver. For youth over the age of 15. There is a minimum 12-month period of participation.

Gold. For youth over the age of 16. There is a minimum 18-month period of participation.

If a participant has completed a prior level, the period of participation is decreased by six months. (eg, a cadet who has completed the Bronze level can complete the Silver level in six months).

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CONFIRMATION OF TEACHING POINT 1

QUESTIONS

Q1. What are the three levels of the program?

Q2. What is the age requirement for the program?

Q3. When can a person start the Gold level?

ANTICIPATED ANSWERS

A1. The three levels of the program are Bronze, Silver and Gold.

A2. The age requirement is a minimum of 14, although each subsequent level has an age minimum if a participant is just beginning the program.

A3. The Gold level can be started at age 16.

Teaching point 2 **Explain the Five Sections of the Program**

Time: 10 min Method: Interactive Lecture

The Award's activities are arranged into sections, and within each section there are many choices. There are five sections to the program. The four common sections are:

- service,
- adventurous journey,
- skills, and
- physical recreation.

At the Gold level, participants have to complete a residential project.

SERVICE

Service is a commitment to the needs of others without pay.

The goal of the service section is to encourage participants to realize that as members of a community, they have a responsibility to others and that their help is needed. By helping others, it is hoped that participants will find satisfaction sparking a commitment to community service for life.

ADVENTUROUS JOURNEY

The goal of the adventurous journey is to develop self-reliance by undertaking a journey of discovery. The adventurous journey encourages participants to develop an awareness of the natural environment, and the importance of protecting it.

The distance the cadet must travel and the duration of the journey varies for each level of the Award:

- Bronze – two days including one night away,
- Silver – three days including two nights away, and
- Gold – four days including three nights away.

The hours the cadet must spend on planned activities varies for each level:

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- Bronze – an average of six hours per day,
- Silver – an average of seven hours per day, and
- Gold – an average of eight hours per day.

There are three types of journeys that can be undertaken:

- **Explorations.** A purpose with a trip. During this journey, participants must spend a minimum of 10 hours on journeying (moving without motorized assistance). The remainder of the time is spent on a special activity, (eg, historic site exploration, or studying flora and fauna). Explorations must involve pre-journey research, on-site study, and a report on the findings.
- **Expeditions.** A trip with a purpose. An Expedition is a journey where participants stay at a different campsite each night. The required hours will be spent on journeying, navigating and route finding. This may include tasks related to the purpose of the expedition.
- **Adventurous Projects.** An Adventurous Project is a journey that does not fit the above descriptions exactly, or may be a combination of the two. This type of journey would be used by those with medical restrictions or who require more challenges.

All Explorations, Expeditions and Adventurous Projects must have a clearly defined and a preconceived purpose.

SKILLS

The goal of the skills section is to encourage the discovery of personal interests and development of social and practical skills. Participants are encouraged to take up interests within a range of practical, social and cultural activities. Skills can be either a progressive activity such as stamp collecting, playing a musical instrument, a study of a topic of personal interest such as money matters, or a definite task such as building something.

PHYSICAL RECREATION

The goal of the physical recreation section is to encourage participation in physical activity and provide an opportunity to improve performance and learn to appreciate physical recreation as an important component of a healthy lifestyle.

Participation in one or more physical activities for the required number of weeks:

- Bronze – 30 hours over a minimum of 15 weeks,
- Silver – 40 hours over a minimum of 20 weeks, and
- Gold – 50 hours over a minimum of 25 weeks.

Improvement of overall performance is essential for qualification in this section.

RESIDENTIAL PROJECT

The goal of the residential project is to develop social adaptability through involvement in a group setting. It involves participants in projects or training in the company of peers who are not their everyday companions.

The residential project is applied only at the Gold level, but can be completed at any time during award participation.

CONFIRMATION OF TEACHING POINT 2

QUESTIONS

Q1. What are the five sections of the Duke of Edinburgh Award program?

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Q2. What is the goal of the skills section?

Q3. When is the residential project completed?

ANTICIPATED ANSWERS

A1. The five sections of the program are:

- service,
- adventurous journey,
- skills,
- physical recreation, and
- residential project.

A2. The goal of the skills section is to encourage the discovery of personal interests and development of social and practical skills. Participants are encouraged to take up interests within a range of practical, social and cultural activities.

A3. The residential project can be completed at any time during award participation.

Teaching point 3 **Describe the Relationship Between the Corps, CSTC Programs and the Duke of Edinburgh Award Program**

Time: 5 min Method: Interactive Lecture



This TP is designed to inform the cadet about the opportunities within the Award that correspond with activities within the Canadian Cadet Organization (CCO).

The CCO offers many opportunities for participants to work toward completing their respective level.

Within the corps program and CSTC program, many opportunities exist for cadets to meet the requirements of the Award. Beyond the opportunities listed, many other opportunities may also exist, especially in very active cadet corps. Some examples of cadet activities that meet the Award requirements are:

- **SERVICE**
  - participating in community service activities as part of PO 302 (Perform Community Service, Chapter 2) within the corps program;
  - participating in opportunities as a senior cadet when instructing junior cadets during the corps program;
  - helping with the cadet corps newsletter;
  - volunteering to help the Royal Canadian Legion during poppy days; and
  - participating in a band demonstration where the corps does not receive funds in return.
- **ADVENTUROUS JOURNEY**
  - participating in the Silver and Gold Star program weekend bivouac exercise will qualify as practice or adventurous journeys for Bronze and Silver levels;

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- participating in most Year 2+ CSTC program exercises will qualify as practice or adventurous journeys for Bronze and Silver level; and
- participating in regional/international and national expeditions may qualify as the Gold level provided the cadet directly participates in planning aspects of the activity.

- **SKILL**
  - participating in the cadet corps band;
  - participating in the marksmanship team; and
  - participating in the drill team.
- **PHYSICAL FITNESS**
  - participating in recreational sports as part of PO 305 (Participate in Recreational Sports, Chapter 5),
  - participating in cadet fitness testing as part of PO 304 (Update Personal Activity Plan, Chapter 4); and
  - participating in recreational sports as part of the CSTC Program.
- **RESIDENTIAL PROJECT**
  - participation in any qualification at a CSTC.



CATO 13-19, *The Duke of Edinburgh's Award*, outlines the participation requirements of a youth as a member of the Army Cadet program.

In addition to all the award requirements that are recognized as part of the Cadet Program, many activities cadets participate in outside the cadet corps also count toward the award, such as:

- volunteer activities,
- extracurricular sports teams,
- school clubs, and
- hobbies.



Duke of Edinburgh Award pins may be worn on the cadet uniform in accordance with CATO 46-01, *Army Cadet Dress Regulations*.

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After cadets have been informed of the Duke of Edinburgh Award program, and displayed interest in participation, discuss participation with the CO.

Contact the divisional office of the Duke of Edinburgh Award program. Contact information for the offices can be found at www.dukeofed.org.

After the Division office has been contacted:

(1) Collect the registration fee from each cadet who wants to participate in the program.

(2) If there are only a few cadets who wish to participate, register them as individuals.

(3) If the corps will be participating as a whole, register as a group.

CONFIRMATION OF TEACHING POINT 3

QUESTIONS

Q1. What activities at the corps can be completed as part of the service section of the award?

Q2. What optional activities within cadets can be used for the skill section?

Q3. When is the residential project completed?

ANTICIPATED ANSWERS

A1. As part of the service section, the following can be completed at the home corps:

- participating in community service activities as part of PO 302 (Perform Community Service, Chapter 2) within the corps program;
- participating in opportunities as a senior cadet when instructing junior cadets during the corps program;
- helping with the cadet corps newsletter;
- volunteering to help the Royal Canadian Legion during Poppy Days; and
- participating in a band demonstration where the corps does not receive funds in return.

A2. Participating in the cadet corps band, the marksmanship team, and the drill team may be used to complete the skill section.

A3. The residential project is completed with any qualification at a CSTC.

Teaching point 4 **Facilitate a Question and Answer Period**

Time: 5 min Method: Interactive Lecture



Allow cadets time to ask questions and discuss participation in the program.

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CONFIRMATION OF TEACHING POINT 5

The cadets' participation in a question and answer period will serve as the confirmation of this TP.

END OF LESSON CONFIRMATION

The cadets' participation in the presentation on the Duke of EdinburghAward program will serve as the confirmation of this lesson.

CONCLUSION

HOMEWORK/READING/PRACTICE

N/A.

METHOD OF EVALUATION

N/A.

CLOSING STATEMENT

The Duke of Edinburgh Award program is one of the largest award programs for youth across the world. Informing cadets about the program will encourage them to participate in the program. It will give them positive experiences to move toward in both the Cadet Program and in life.

INSTRUCTOR NOTES/REMARKS

Training aids should be determined by contacting the speaker prior to the presentation.

Cadets may participate in the Duke of Edinburgh Award program as an optional activity.

A member of the corps staff may present this lesson if a Duke of Edinburgh Award representative is unavailable.

REFERENCES

C0-196 Duke of Edinburgh Award. (2008). *The Award*. Retrieved February 12, 2008, from http://www.dukeofed.org/Award.htm.

C0-197 Duke of Edinburgh Award. (2007). *Participant's Record Book*. Markham, ON: Langstaff Reed Printing Ltd.

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