**ROYAL CANADIAN ARMY CADETS**

**GREEN STAR**

**INSTRUCTIONAL GUIDE**

**SECTION 1**

# EO M107.01 – PARTICIPATE IN A DISCUSSION ON 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-701/PG-001, *Green Star 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 cadet on the content of green star training and opportunities at the corps.

## INTRODUCTION

### REVIEW

Nil.

### OBJECTIVES

By the end of the lesson the cadet shall be expected to be familiar with the performance objectives (POs) associated with the green star qualification and be familiar with the corps optional training opportunities.

### IMPORTANCE

Having an overview of the training opportunities provided to green star cadets prepares new cadets for the training year, allowing them to understand how training fits together and identify areas they are particularly interested in. This overview should excite and energize cadets for the coming year.



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**Teaching point 1** **Discuss the content and format of green star training.**

Time: 15 min Method: Interactive Lecture

**COMMON TRAINING**

There is common cadet training which applies to sea, army and air cadets. POs for these common cadet subjects are as follows:

| PO Number and Topic | PO Statement |
|---|---|
| 100 Positive Social Relations for Youth | Participate in *Positive Social Relations for Youth* Training |
| 101 Citizenship | Perform Individual Acts that Better the Community |
| 102 Community Service | Perform Community Service |
| 103 Leadership | Participate as a Member of a Team |
| 104 Personal Fitness and Healthy Living | Track Participation in Physical Activities |
| 105 Physical Activities | Participate in Physical Activities |
| 106 Marksmanship | Fire the Cadet Air Rifle |
| 107 General Cadet Knowledge | Serve in an Army Cadet Corps |
| 108 Drill | Perform Drill Movements During an Annual Ceremonial Review |
| 111 Biathlon | Participate in Recreational Summer Biathlon Activities |

**ARMY CADET TRAINING**

The expedition is one activity that distinguishes army cadets from the other cadet elements. For army cadets, expedition is defined as “any activity that consists of dynamic travel of no less than 36 hours in duration, where there is a clear goal associated with the activity.” Expedition training in Green Star is supported by the following POs:

| PO Number and Topic | PO Statement |
|---|---|
| 121 Field Training | Participate as a Member of a Team During an Overnight Bivouac Field Training Exercise (FTX) |
| 122 Navigation | Identify location Using a Map |
| 123 Hiking | Participate in a Day Hike |




Ask the cadets to share what PO they are most interested in and why.




Allow time for cadets to ask questions about the various POs they will experience in Green Star.

Another PO army cadets will participate in is PO 120 (Demonstrate Knowledge of the Organization and Traditions of the Canadian Forces). This PO provides cadets with the knowledge and opportunity to effectively interact with CF members, while promoting an interest therein.



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**Teaching point 2** **Discuss available optional training at the corps.**

Time: 10 min Method: Interactive Lecture

## OPTIONAL TRAINING AT THE CORPS

Optional training offered at the cadet corps will vary, depending on a number of factors. Some of these opportunities are dependent on the availability and qualification of staff, and resources of the corps. The corps may offer such activities as:

- Cultural education / travel,
- Music (military band and pipes and drums),
- Winter biathlon,
- First-aid,
- Drill teams, and
- Other optional training that the unit and sponsor choose to pursue.




The instructor shall present any information to cadets about the activities that the corps participates in regularly.

## CONFIRMATION OF TEACHING POINT 2

**QUESTIONS:**

Q1. What are some of the optional training activites that your corps participates in?

Q2. What activities would you like to participate in? (The instructor will go around the room, and each cadet will reveal what activity(ies) they are most interested in.)

**ANTICIPATED ANSWERS:**

A1. Answers will vary. Answers will include, but are not limited to, cultural education / travel, music, summer and winter biathlon, first-aid, drill teams and anything else that an individual corps may choose to participate in.

A2. Answers will vary by cadet.

## END OF LESSON CONFIRMATION

**QUESTIONS**:

Q1. What are some POs in which only army cadets will train?

Q2. What are some of the optional training activities in which your corps participates?



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**ANTICIPATED ANSWERS:**

A1. Any of the following: PO 121 Field Training, PO 122 Navigation and PO 123 Hiking.

A2. Answers will vary by cadet corps but may include any of the following; cultural education / travel, music, summer and winter biathlon, first-aid, drill teams and anything else that an individual corps may choose to participate in.

## CONCLUSION

**HOMEWORK/READING/PRACTICE**

Nil.

**METHOD OF EVALUATION**

Nil.

**CLOSING STATEMENT**

It is important for a first year cadet to know what training they will be participating in to help build interest and entice the cadet to continue in the Cadet Program. Green star cadets should also know what activities and opportunities are available to them through their cadet corps.

**INSTRUCTOR NOTES/REMARKS**

Nil.

## REFERENCES

A2-031 D Cdts. (2003). *CATO 41-01 Royal Canadian army cadet training*. In Cadet Administrative and Training Orders (Vol. 4, 8 pages). Ottawa, ON.

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.

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.



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