EO M107.01 – PARTICIPATE IN A DISCUSSION ON GREEN STAR TRAINING

1. **Performance:** Participate in a Discussion on Green Star Training

2. **Conditions:**

   a. Given:

      (1) Supervision, and

      (2) Assistance as required.

   b. Denied: Nil.

   c. Environmental: Classroom or training area large enough to accommodate the entire group.

3. **Standard:** The cadet shall participate in a discussion on aspects of participation in the Green Star Qualification.

4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain the content of the Green Star POs, to include: a. training common to the sea, army and air elements of the CCO, to include: 1. Positive Social Relations for Youth, 2. citizenship, 3. community service, 4. leadership, 5. personal fitness and healthy living, 6. recreational sports, 7. air rifle marksmanship, 8. general cadet knowledge, and 9. drill; and b. army elemental training, to include: 1. expedition-related training which is accomplished through instruction on: (a) field training, (b) navigation, and (c) hiking; and 2. Canadian army and civilian outdoor community familiarization.	Interactive Lecture	15 min	A2-031

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TP	Description	Method	Time	Refs
TP2	Explain available optional training at the cadet corps, to include: a. cultural education / travel; b. music, to include: 1. military, and 2. pipes and drums; and c. summer and winter biathlon, d. first-aid, and e. other opportunities as resources allow.	Interactive Lecture	10 min	A2-031

5. **Time:**

a.	Introduction / Conclusion:	5 min
b.	Interactive Lecture:	25 min
c.	Total:	30 min

6. **Substantiation:** An interactive lecture was chosen for this lesson to orient the cadet on the content of green star training and opportunities at the corps.

7. **References:** A2-031 Director Cadets. (2003). CATO 40-01 *Army Cadet Program Outline*. Ottawa, ON: Department of National Defence.

8. **Training Aids:** Presentation aids (i.e., whiteboards / flipcharts / OHP) appropriate for classroom / training area.

9. **Learning Aids:** Nil.

10. **Test Details:** Nil.

11. **Remarks:**

    a. This lesson should follow EO M103.02 (Map Personal Goals for the Training Year).

    b. This lesson should be scheduled at the beginning of the training year.

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