ROYAL CANADIAN ARMY CADETS

RED STAR

INSTRUCTIONAL GUIDE

SECTION 4

EO M207.04 – IDENTIFY YEAR TWO CSTC TRAINING OPPORTUNITIES

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-702/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.

PRE-LESSON ASSIGNMENT

N/A.

APPROACH

A group discussion was chosen for TP1 as it allows the cadets to interact with their peers and share their experiences, opinions, and feelings about year two CSTC training opportunities.

An interactive lecture was chosen for TP2 to orient the cadets to year two CSTC training opportunities and to generate interest.

INTRODUCTION

REVIEW

N/A.

OBJECTIVES

By the end of this lesson the cadet shall be expected to identify year two CSTC training opportunities.

IMPORTANCE

It is important for cadets to identify year two CSTC training opportunities available to them because they must decide if and for which course they would like to apply.

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Teaching point 1 **Discuss the Specialty Areas for Year Two CSTC Training**

Time: 10 min Method: Group Discussion

BACKGROUND KNOWLEDGE



The point of the group discussion is to draw the following information from the group using the tips for answering/facilitating discussion and the suggested questions provided.

Write the specialty areas on a whiteboard/flipchart and discuss the activities associated within each area. Cadets may already know which area they would like to pursue and may already have a general idea of the activities.

LEADERSHIP/DRILL AND CEREMONIAL

Cadets will develop the knowledge and skills required to improve leadership abilities in a peer and small group (3–6 pers) setting. Activities include:

- leadership;
- confidence building;
- public speaking;
- problem solving; and
- ceremonial drill.

FITNESS AND SPORTS

Cadets will improve individual fitness and sport knowledge and skills. Activities include:

- rules and regulations of sports; and
- personal fitness.

MUSIC

Military Band

Cadets will develop music knowledge and skills. Activities include:

- music theory;
- playing an instrument as part of an ensemble;
- playing an instrument as part of a military band; and
- developing individual music skills.

Pipe and Drum

Cadets will develop music knowledge and skills. Activities include:

- music theory;
- playing an instrument as part of an ensemble;

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- playing an instrument as part of a pipe and drum band; and
- developing individual music skills.

MARKSMANSHIP

Cadets will develop the knowledge and skills required to improve marksmanship abilities. Activities include:

- two-position shooting (standing and prone);
- recreational marksmanship;
- course level marksmanship competition; and
- biathlon.

EXPEDITION

Cadets will develop expedition knowledge and skills in a field setting. Activities include:

- adventure training activities;
- field training;
- trekking;
- navigation; and
- wilderness survival.

GROUP DISCUSSION



TIPS FOR ANSWERING/FACILITATING DISCUSSION

- Establish ground rules for discussion, e.g. everyone should listen respectfully; don't interrupt; only one person speaks at a time; no one's ideas should be made fun of; you can disagree with ideas but not with the person; try to understand others as much as you hope they understand you; etc.
- Sit the group in a circle, making sure all cadets can be seen by everyone else.
- Ask questions that will provoke thought; in other words avoid questions with yes or no answers.
- Manage time by ensuring the cadets stay on topic.
- Listen and respond in a way that indicates you have heard and understood the cadet. This can be done by paraphrasing their ideas.
- Give the cadets time to respond to your questions.
- Ensure every cadet has an opportunity to participate. One option is to go around the group and have each cadet answer the question with a short answer. Cadets must also have the option to pass if they wish.
- Additional questions should be prepared ahead of time.

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SUGGESTED QUESTIONS:

Q1. Which summer training activities interest you?

Q2. Who is interested in applying for summer training this year? Why?

Q3. What specialty area are you interested in pursuing? Why?



Other questions and answers will develop throughout the group discussion. The group discussion should not be limited to only those suggested.



Reinforce those answers given and comments made during the group discussion, ensuring the teaching point has been covered.

CONFIRMATION OF TEACHING POINT 1

The cadets' participation in the group discussion will serve as the confirmation of this TP.

Teaching point 2 **Describe Year Two CSTC Courses**

Time: 15 min Method: Interactive Lecture



A cadet who has attended one of these courses could be asked to speak about their experience during this TP.

COMMON COURSES

Basic Fitness and Sports. The aim of this course is to improve the cadets' knowledge and skills in individual fitness and sports.

Military Band – Basic Musician. The aim of this course is to introduce fundamental music knowledge and skills, and for the cadet to achieve a basic music level.

Pipe Band – Basic Pipe Band Musician. The aim of this course is to introduce fundamental music knowledge and skills, and for the cadet to achieve a basic music level.

ELEMENTAL COURSES

Basic Leadership. The aim of this course is to build on the knowledge and skills required for an emerging leader to complete a leadership assignment in a peer and small group setting and to provide course cadets with the opportunities to build self-confidence.

Basic Marksman. The aim of this course is to develop cadets' marksmanship knowledge and skills, allowing them to participate in a local marksmanship competition.

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Basic Expedition. The aim of this course is to develop specialists with skills and subject matter knowledge required to successfully participate in a basic level expedition.



The only pre-requisite for a year two CSTC course is the successful completion of the Red Star training program.

CONFIRMATION OF TEACHING POINT 2

QUESTIONS

Q1. What courses are available for second year cadets?

Q2. What music level are cadets expected to achieve after completion of a year two music course?

Q3. What are two topics covered on the Basic Expedition Course.

ANTICIPATED ANSWERS

A1. Courses include:

- basic fitness and sports;
- basic military band musician;
- basic pipe band musician;
- basic marksman;
- basic leadership; and
- basic expedition.

A2. The cadet is expected to achieve a basic music level.

A3. Topics include adventure training activities, field training, trekking, navigation and wilderness survival.

END OF LESSON CONFIRMATION

The cadets' participation in the group discussion will serve as the confirmation of this lesson.

CONCLUSION

HOMEWORK/READING/PRACTICE

N/A.

METHOD OF EVALUATION

N/A.

CLOSING STATEMENT

Summer training is a fun and exciting aspect of the Cadet Program. Training is offered in speciality areas that may not be accessible at the corps. Summer training centres are also a place to meet cadets and make new friends from different corps across Canada. It is important to be familiar with the summer training courses offered so cadets may apply for the course that interests them the most.

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INSTRUCTOR NOTES/REMARKS

This EO should be conducted prior to the summer training application deadline of the applicable cadet detachment/region.

It is strongly recommended that the summer training application forms (CF 51) be completed during a training session after this EO has been conducted.

Corps may choose to devote two additional complementary training periods to expand this to a session that includes a parent information seminar.

REFERENCES

A0-010 CATO 11-03 D Cdts 2. (2006). *Cadet Program Mandate*. Ottawa, ON: Department of National Defence.

A2-027 CATO 42-01 D Cdts 4. (2005). *Summer Training Directive – Royal Canadian Army Cadets*. Ottawa, ON: Department of National Defence.

A2-031 CATO 40-01 D Cdts. (2003). *Army Cadet Program Outline*. Ottawa, ON: Department of National Defence.

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