ROYAL CANADIAN ARMY CADETS

SILVER STAR

INSTRUCTIONAL GUIDE

SECTION 1

EO M307.01 – IDENTIFY SILVER STAR 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-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.

Photocopy the summary of the POs and EOs for Silver Star training, located at A-CR-CCP-703/PG-001, Chapter 2, Annex A, for each cadet.

Obtain a copy of the corps Silver Star annual training plan.

Obtain a copy of the corps Full Value Contract developed during EO M107.01 (Participate in a Discussion on Year One Training, A-CR-CCP-701/PF-001, Chapter 7, Section 1).

PRE-LESSON ASSIGNMENT

N/A.

APPROACH

An interactive lecture was chosen for this lesson to orient the cadets to and generate interest in Silver Star training opportunities.

INTRODUCTION

REVIEW

N/A.

OBJECTIVES

By the end of this lesson the cadet shall have identified the training opportunities they will receive in Silver Star.

IMPORTANCE

It is important for cadets to receive an overview of the training that will be conducted during Silver Star as it may create eagerness and excitement to complete a year of new training experiences and leadership opportunities. The updates in the corps Full Value Contract should energize the cadets individually and as a group for the upcoming training year.

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Teaching point 1 **Identify Silver Star Mandatory Training Opportunities**

Time: 5 min Method: Interactive Lecture

Silver Star mandatory training is a plan of activities that corps, and specialized training establishments (expedition centres), must conduct for year three cadets. Mandatory training is conducted as follows:

1. sixty periods of instruction to be conducted during training sessions (3 periods per session);

2. eighteen periods of instruction to be conducted during two mandatory training days (9 periods per day);

3. eighteen periods of instruction to be conducted during one weekend bivouac Field Training Exercise (FTX); and

4. eighteen periods of instruction to be conducted during one weekend expedition exercise at an expedition centre.

TRAINING COMMON TO SEA, ARMY AND AIR CADETS

As in Green and Red Star, there is training in Silver Star which is common and applies to sea, army and air cadets. Performance objectives (POs) for common training this year include:

PO	Topic	PO Statement
301	Citizenship	Recognize the Purpose of Service Groups Within Canada
302	Community Service	Perform Community Service
303	Leadership	Perform the Role of a Team Leader
304	Personal Fitness and Healthy Living	Update Personal Activity Plan
305	Recreational Sports	Participate in Recreational Sports
306	Air Rifle Marksmanship	Fire the Cadet Air Rifle During Recreational Marksmanship
307	General Cadet Knowledge	Serve in an Army Cadet Corps
308	Drill	Direct a Squad Prior to a Parade
309	Instructional Techniques	Instruct a Lesson
311	Biathlon	(Complementary Only)



The Annual Ceremonial Review (ACR) is also common to all three elements of cadets, but there is no specific training allocated for it.

ARMY CADET ELEMENTAL TRAINING

There is training in Silver Star that is specifically designed for army cadets. POs for the army cadet specific training this year include:

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PO	Topic	PO Statement
320	CF Familiarization	Recognize the Valour of Members of the Canadian Army
321	Field Training	Perform the Duties of a Team Leader on a Weekend Bivouac Exercise
322	Navigation	Plot Location on a Topographical Map Using a Global Positioning System Receiver
323	Trekking	(Complementary Only)
324	Wilderness Survival	Survive When Lost
325	Outdoor Leadership	Identify the Competencies of an Outdoor Leader
326	Expedition	Perform Expedition Skills

Expedition is one activity that distinguishes army cadets from the other cadet elements. 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. “In Silver Star training, expedition is supported by PO 321 (Perform the duties of a Team Leader on a Weekend Bivouac Exercise, Chapter 12), PO 322 (Plot Location on a Topographical Map Using a Global Positioning System Receiver, Chapter 13), PO 324 (Survive When Lost, Chapter 14), PO 325 (Identify the Competencies of Outdoor Leaders, Chapter 15) and PO 326 (Perform Expedition Skills, Chapter 16). In Silver Star cadets will have the opportunity to attend a weekend Expedition Exercise at a Regional Expedition Centre.

Assessment is an important aspect of cadet training. It is designed to assist cadets and their instructors meet the training targets set for each PO. Cadets will be informed of the requirements prior to assessment starting. After the assessment is completed, the cadet will be informed of their results and given a copy to keep. The POs and methods to be assessed include:

- 303 (Perform the Role of a Team Leader, Chapter 3). Performance assessment and personal communication.
- 308 (Direct a Squad Prior to a Parade, Chapter 8). Performance assessment.
- 309 (Instruct a Lesson, Chapter 9). Performance assessment.
- 322 (Plot Location on a Topographical Map Using a Global Positioning System Receiver, Chapter 13), to include:
    - EC-01 Extended written response, and
    - PC Performance assessment.
- 324 (Survive When Lost, Chapter 14), to include:
    - EC-01 Performance assessment,
    - EC-02 Performance assessment,
    - EC-03 Performance assessment, and
    - EC-04 Personal communication.
- 326 (Perform Expedition Skills, Chapter 16). Performance assessment.

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The details for each assessment can be located at A-CR-CCP-703/PG-001, Chapter 3, Annex B.

CONFIRMATION OF TEACHING POINT 1

QUESTIONS

Q1. How many mandatory periods of instruction are there?

Q2. What is common training?

Q3. Which POs support expedition training in Silver Star?

ANTICIPATED ANSWERS

A1. There are 60 mandatory periods of instruction.

A2. Common training is training that applies to sea, army and air cadets.

A3. Expedition training in Silver Star is supported by PO 221 (Perform the Duties of a Section Member During a Weekend Bivouac Exercise, A-CR-CCP-702/PF-001, Chapter 11), PO 222 (Navigate Along a Route Using a Map and Compass, A-CR-CCP-702/PF-001, Chapter 12), PO 224 (Identify Immediate Actions to Take When Lost, A-CR-CCP-702/PF-001, Chapter 14), PO 325 (Identify the Competencies of Outdoor Leaders, Chapter 15) and PO 326 (Perform Expedition Skills, Chapter 16).

Teaching point 2 **Identify Silver Star Complementary Training Opportunities**

Time: 5 min Method: Interactive Lecture

Silver Star complementary training is a plan of activities that corps and specialized training establishments (expedition centres) may conduct for year three cadets. These activities complement mandatory activities and form an integral part of the Star Level program. Every PO identified in TP 1, except for PO 326 (Perform Expedition Skills, Chapter 16) has complementary activities available to be selected. Commanding Officers (COs) have the discretion to choose activities from a range of possibilities, thus allowing them flexibility to tailor Silver Star training to match the corps' interests and resources.



This TP will vary by cadet corps. Refer to the corps annual training plan and discuss the complementary training the cadet corps will conduct throughout the Silver Star program.

CONFIRMATION OF TEACHING POINT 2

QUESTIONS

Q1. What complementary training is being conducted in Silver Star that is also available to sea and air cadets?

Q2. What army cadet specific complementary training is being conducted in Silver Star?

Q3. What complementary training is most interesting as a Silver Star cadet?

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ANTICIPATED ANSWERS

A1. Answers will only be from common POs.

A2. Answers will vary.

A3. Answers will vary.

Teaching point 3 **Review the Goals of a Full Value Contract (FVC)**

Time: 15 min Method: Interactive Lecture



A corps FVC was developed in EO M107.01 (Participate in a Discussion on Year One Training, A-CR-CCP-701/PF-001, Chapter 7, Section 1) and revisited in Red Star as a refresher of the FVC.

Review the elements of the corps' existing FVC. All cadets should be aware of the corps goals that were developed.

The cadets may agree that some goals need to be changed, added or even deleted.

GOALS OF THE FVC



A Full Value Contract can take many forms; examples are located at Annex A.

Before establishing a FVC, everyone must be ready to commit to common goals.

Be Here. The FVC asks everyone to make a conscious commitment to be present in body and mind, as well as to commit to full participation and to accept and demonstrate responsibility for their actions. This means that everyone shows interest in supporting others and actively engaging in the learning process.

Be Safe. In order to stimulate interest, facilitate participation and create an open-minded environment for the group members, everyone must feel safe. It is the instructor's responsibility to ensure that team members feel physically and emotionally safe in order to contribute to their learning process. This responsibility also falls on group members. Behaviours and attitudes must not put other group members at risk. A safe environment will encourage each member to actively participate, ask questions and give answers without fear of being ridiculed.

Set Goals. It is essential that everyone set personal goals. These goals provide the person and the group reference points to make choices about actions and plans. In every learning process, it is imperative to set goals. Once goals are set, group members and individuals will take on the responsibility to reach them. The FVC calls for the members of a group to work collectively toward the attainment of group goals and to support each other to meet individual goals.

Be Honest. Being honest assumes that one is honest with others and with oneself. For example, in a situation of disappointment or anger, the team members must simply acknowledge their feelings in regard to the situation and openly and fairly explain their state of mind. In this situation, everybody will be able to work toward solving the problem. Being honest requires members to be accountable to each other and responsible for their own actions and words.

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Let Go and Move On. The FVC requires that group members acknowledge that they will not always agree and that they will have different opinions and ideas. In this instance, members must choose to put aside differences and move forward in order to achieve the goals.

CONFIRMATION OF TEACHING POINT 3

QUESTIONS

Q1. What are the goals of the FVC?

Q2. In the FVC, what does “be honest” imply?

Q3. What must happen before letting go and moving on?

ANTICIPATED ANSWERS

A1. The goals of the FVC are:

- be here,
- be safe,
- set goals,
- be honest, and
- let go and move on.

A2. That everyone is honest with others and themselves.

A3. Everyone must choose to put aside differences and move forward in order to achieve the goals.

END OF LESSON CONFIRMATION

QUESTIONS

Q1. What POs are army cadet specific?

Q2. Which PO in Silver Star has no complementary training?

Q3. What changes have you noticed in the FVC over the years?

ANTICIPATED ANSWERS

A1. The army cadet specific POs include:

- 320 (Recognize the Valour of Members of the Canadian Army, Chapter 11),
- 321 (Perform the Duties of a Team Leader on a Weekend Bivouac Exercise, Chapter 12),
- 322 (Plot Location on a Topographical Map Using a Global Positioning System Receiver, Chapter 13),
- 323 (Trekking [complementary only]),
- 324 (Survive When Lost, Chapter 14),
- 325 (Identify the Competencies of an Outdoor Leader, Chapter 15), and
- 326 (Perform Expedition Skills, Chapter 16).

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A2. PO 326 (Perform Expedition Skills, Chapter 16).

A3. Answers will vary.

CONCLUSION

HOMEWORK/READING/PRACTICE

N/A.

METHOD OF EVALUATION

N/A.

CLOSING STATEMENT

Knowing what to expect in the Silver Star program allows the cadets to have an understanding of the training ahead of them. It also aids in maintaining interest and anticipation of the emerging leadership challenges for a Silver Star cadet.

INSTRUCTOR NOTES/REMARKS

For Silver Star complementary training opportunities in TP 2, refer to the corps' annual training plan.

This EO should be scheduled as early as possible in the training year. A sample schedule is located in A-CR-CCP-703/PG-001, Chapter 2, Annex B.

REFERENCES

A0-054 Director Cadets 3. (2007). CATO 11-04, *Cadet Program Outline*. Ottawa, ON: Department of National Defence.

C2-038 (ISBN 0-7872-2459-6) Henton, M. (2006). *Adventure in the Classroom: Using Adventure to Strengthen Learning and Build a Community of Life-Long Learners*. Dubuque, IA: Kendall Hunt Publishing.

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