## EO MX01.07 – PARTICIPATE IN HERITAGE MINUTES VIDEO ACTIVITIES

1. **Performance**: Participate in Heritage Minutes Video Activities
2. **Conditions**:
   a. Given:
      (1) Supervision, and
      (2) Assistance as required
   b. Denied: Nil.
   c. Environmental: Any.
3. **Standard**: The cadet shall participate in Heritage Minutes video activities.
4. **Teaching Points**:
   a. Have the cadets watch Heritage Minutes videos, which can be ordered on DVD or viewed online at www.historica-dominion.ca > VIDEO > HERITAGE MINUTES.
   b. Have the cadets participate in activities designed to develop an appreciation for Canadian historical figures and significant events.
5. **Time**: One session (3 periods) = 90 min.
6. **Substantiation**: An in-class activity was chosen for this lesson as it is a fun and interactive way to build on the cadets' knowledge of citizenship.
7. **References**: Historica Dominion Institute. (2013). *Heritage Minutes Videos*. Retrieved March 13, 2013 from https://www.historica-dominion.ca/content/videos.
8. **Training Aids**:
   a. Heritage Minutes DVDs, TV and DVD player, or
   b. Computer / tablet with Internet connection.
9. **Learning Aids**:
   a. Heritage Minutes videos, and
   b. Other materials dependant on the activity chosen.
10. **Test Details**: Nil.
11. **Remarks**:
    a. Although the instructional guides provide activities for a number of Heritage Minutes, instructors are authorized to choose other Heritage Minutes from the website and create their own activities.
    b. For certain Heritage Minutes, the Historica Dominion Institute provides activities that may be used by the instructor. For example: www.historica-dominion.ca > VIDEO > HERITAGE MINUTES > BLUENOSE > LEARNING RESOURCES includes classroom tools for intermediate (Cadet Program Years 1 and 2) and secondary (Cadet Program Years 3 and 4).
    c. Complementary training time may be allotted to this EO to allow for additional Heritage Minutes activities throughout the training year.



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d. There are numerous potential leadership opportunities for cadets when conducting a Heritage Minutes video activities session:

(1) Phase Five / Master Cadet / Proficiency Level Five cadets may plan, prepare and conduct the session as a leadership project IAW PO 503 (Lead Cadet Activities); and

(2) Phase Three / Silver Star / Proficiency Level Three, Phase Four / Gold Star / Proficiency Level Four, and Phase Five / Master Cadet / Proficiency Levels Five cadets may complete leadership assignments, such as leading a Heritage Minutes video activity, IAW POs 303 (Perform the Role of a Team Leader), 403 (Act as a Team Leader), and 503 (Lead Cadet Activities).



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