ANNEX A

RED STAR TRAINING SUMMARY AND TIME ALLOCATION

PERIOD ALLOCATION

PO	Performance Objective	EO	Enabling Objective	No. of Pd
X01	Participate in Citizenship Activities	MX01.01A	Participate in a Citizenship Tour	-
		MX01.01B	Attend a Presentation by a Community Organization	-
		MX01.01C	Attend a Presentation by a Citizen-of-Interest	-
		MX01.01D	Participate in the Canadian Citizenship Challenge	-
		MX01.01E	Host a Citizenship Ceremony	-
		MX01.01F	Participate in an Election	-
		MX01.01G	Participate in Heritage Minutes Video Activities	-
		MX01.01H	Participate in Citizenship Learning Stations	-
		CX01.01	Participate in Citizenship Activities	18
			PO X01 – Total Mandatory	**3**
			PO X01 – Total Complementary	**18**
X02	Perform Community Service	MX02.01	Perform Community Service	9
		CX02.01	Perform Community Service	18
			PO X02 – Total Mandatory	**9**
			PO X02 – Total Complementary	**18**
203	Demonstrate Leadership Attributes Within a Peer Setting	M203.01	Discuss Leadership Within a Peer Setting	1
		M203.02	Discuss the Principles of Leadership	1
		M203.03	Discuss Effective Communication in a Peer Setting	1
		M203.04	Demonstrate Positive Group Dynamics	2
		M203.05	Discuss Influence Behaviours	1
		M203.06	Employ Problem Solving	2
		M203.07	Discuss Personal Integrity as a Quality of Leadership	1
		M203.08	Participate in Team-Building Activities	1
		C203.01	Record Entries in a Reflective Journal	3
		C203.02	Employ Problem Solving	2
		C203.03	Discuss Characteristics of a Leader	2
		C203.04	Participate in a Presentation Given by a Leader	2
		C203.05	Participate in Trust-Building Activities	1
		C203.06	Participate in Problem-Solving Activities	2
			PO 203 – Total Mandatory	**10**
			PO 203 – Total Complementary	**12**

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PO	Performance Objective	EO	Enabling Objective	No. of Pd
X04	Track Participation in Physical Activities	MX04.01	Participate in 60 Minutes of Moderate- to Vigorous-Intensity Physical Activity (MVPA) and Track Participation in Physical Activities	3
		MX04.02	Identify Strategies to Improve Participation in Physical Activities and Participate in the Cadet Fitness Assessment (CFA)	3
		MX04.03	Participate in the CFA and Identify Strategies for Improving Personal Physical Fitness	3
		CX04.01	Participate in the CFA and Identify Strategies for Improving Personal Physical Fitness	3
		CX04.02	Participate in Activities that Reinforce the Three Components of Physical Fitness	3
		CX04.03	Participate in a Cooking Class	3
		CX04.04	Attend a Personal Fitness and Healthy Living Presentation	3
		CX04.05	Attend a Local Amateur Sporting Event	3
			PO X04 – Total Mandatory	**9**
			PO X04 – Total Complementary	**15**
X05	Participate in Physical Activities	MX05.01	Participate in Physical Activities	9
		CX05.01	Participate in Physical Activities	9
		CX05.02	Participate in a Tournament	9
			PO X05 – Total Mandatory	**9**
			PO X05 – Total Complementary	**18**
206	Fire the Cadet Air Rifle During Recreational Marksmanship	M206.01	Participate in a Recreational Marksmanship Activity	3
		C206.01	Practice Holding Techniques	1
		C206.02	Practice Aiming Techniques	2
		C206.03	Practice Firing Techniques	1
		C106.01	Participate in Recreational Air Rifle Marksmanship	6
			PO 206 – Total Mandatory	**3**
			PO 206 – Total Complementary	**10**
207	Serve in an Army Cadet Corps	M207.01	Identify Red Star Training Opportunities	1
		M207.02	Recognize the History of the Royal Canadian Army Cadets (RCAC)	1
		M207.03	Recognize the Role and Responsibilities of the Local Sponsor	1
		M207.04	Identify Year Two CSTC Training Opportunities	1
		C207.01	Identify the Rank Structure of the Royal Canadian Sea and Air Cadets	1
		C207.02	Visit a Local Cadet Corps or Squadron	3

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PO	Performance Objective	EO	Enabling Objective	No. of Pd
		C107.03	Participate in an Activity on the History of the Cadet Corps	2
			PO 207 – Total Mandatory	**4**
			PO 207 – Total Complementary	**6**
208	Execute Drill as a Member of a Squad	M208.01	Execute Left and Right Turns on the March	2
		M208.02	Form Single File From the Halt	1
		C208.01	Practice Ceremonial Drill as a Review	2
		C208.02	Execute Drill With Arms	8
		C108.01	Execute Supplementary Drill Movements	6
			PO 208 – Total Mandatory	**3**
			PO 208 – Total Complementary	**16**
211	Participate in Recreational Summer Biathlon Activities	C211.01	Identify Civilian Biathlon Opportunities	1
		C211.02	Run on Alternate Terrain	1
		C211.03	Fire the Cadet Air Rifle using a Sling Following Physical Activity	1
		C211.04	Participate in a Competitive Summer Biathlon Activity	6
			PO 211 – Total Complementary	**9**
X20	Participate in Canadian Armed Forces (CAF) Familiarization Activities	MX20.01A	Participate in a CAF Activity	-
		MX20.01B	Participate in a CAF Familiarization Tour	-
		MX20.01C	Fire the C7 Rifle	-
		MX20.01D	Participate in a Mess Dinner	-
		MX20.01E	Attend a CAF Presentation	-
		MX20.01F	Attend a CAF Commemorative Ceremony	-
		MX20.01G	Participate in CAF Video Activities	-
		MX20.01H	Participate in CAF Learning Stations	-
		CX20.01	Participate in CAF Familiarization Activities	18
			PO X20 – Total Mandatory	**6**
			PO X20 – Total Complementary	**18**
221	Perform the Duties of a Team Member During an Weekend Field Training Exercise	M221.01	Perform the Duties of a Section Member in the Field	1
		M221.02	Identify Section Equipment	2
		M221.03	Identify Provincial/Territorial Wildlife	2
		M221.04	Perform Basic First Aid	1
		M221.05	Tie Knots	3
		M221.06	Construct a Hoochie Shelter	3
		M221.07	Use Section Equipment	2
		M221.08	Prepare an Individual Meal Package (IMP)	1
		M221.09	Maintain Section Equipment Following a Field Training Exercise (FTX)	2

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PO	Performance Objective	EO	Enabling Objective	No. of Pd
		C221.01	Participate in a Discussion on Canada's Wilderness Conservation Efforts	2
		C221.02	Construct Field Amenities	6
		C221.03	Identify Species of Trees	2
		C121.02	Participate in a Discussion on Cold Climate Exposure	1
		C121.03	Select Cold Weather Clothing	1
		C121.04	Recognize the Effects of Cold Weather	2
		C121.05	Participate in Cold Weather Training	18
			PO 221 – Total Mandatory	**17**
			PO 221 – Total Complementary	**32**
222	Navigate Along a Route Using a Map and Compass	M222.01	Review Green Star Navigation	2
		M222.02	Describe Bearings	2
		M222.03	Identify Compass Parts	1
		M222.04	Determine Distance Along a Route	3
		M222.05	Orient a Map Using a Compass	1
		M222.06	Follow a Magnetic Bearing Point to Point	2
		C222.01	Practice Navigation Using a Map and Compass	9
			PO 222 – Total Mandatory	**11**
			PO 222 – Total Complementary	**9**
223	Hike Along a Route as Part of a Weekend Exercise	M223.01	Prepare for Trekking	2
		M223.02	Identify Hiking/Trekking Associations	1
		M223.03	Participate in a Discussion on Crossing Obstacles While Trekking	2
		C123.01	Participate in Adventure Training	18
		C123.02	Adhere to Snowshoe March Discipline	1
		C123.03	Participate in Snowshoeing	9
			PO 223 – Total Mandatory	**5**
			PO 223 – Total Complementary	**28**
224	Identify Immediate Actions to Take When Lost	M224.01	Describe Immediate Actions to Take When Lost	2
		M224.02	Identify the Seven Enemies of Survival	1
		M224.03	Predict Weather Using Cloud Formations	1
		M224.04	Identify Emergency Shelters	2
		M224.05	Prepare, Light, Maintain, and Extinguish a Fire	3
		M224.06	Identify Methods of Signalling	2
		C224.01	Cook in the Field	2
		C224.02	Prepare a Signal Fire	2
			PO 224 – Total Mandatory	**11**
			PO 224 – Total Complementary	**4**
N/A	Participate in the Annual Ceremonial Review (ACR)			3

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TRAINING DAY/WEEKEND ALLOCATION

MANDATORY

Activity	Description	Time
Mandatory Training Periods	Eighteen periods of instruction (nine per day) chosen from the mandatory EOs, to be delivered during a full day of training. In some cases periods have been grouped into logical nine period days in the lesson specifications (e.g. PO X02 [Community Service], PO X05 [Physical Activities], or PO 206 [Air Rifle Marksmanship]). However, corps may choose to deliver any EOs that suit their circumstances on these days.	2 Days
Bivouac / Survival FTX	One weekend of mandatory support will be provided for cadet corps to participate in a weekend bivouac FTX to include two days of practical experience in support of PO 221 (Field Training) and PO 224 (Wilderness Survival).	1 Weekend
Expedition FTX (Navigation/Trekking)	One weekend of mandatory support will be provided for cadet corps to participate in a weekend navigation / trekking FTX to include two days of practical experience in support of PO 222 (Navigation) and PO 223 (Trekking).	1 Weekend
	Total Mandatory	**6 Days**

COMPLEMENTARY

Activity	Description	Time
Complementary Training Periods	Eighteen periods of instruction (nine per day) chosen from the complementary EOs, to be delivered during a full day of training. In some cases periods have been grouped into logical nine period days in the lessons specifications (e.g. PO X02 [Community Service], PO X05 [Physical Activities], or PO 223 [Trekking]). However, corps may choose to deliver any complementary EOs, that meet their specific circumstances, on these days.	2 Days
Army Cadet Adventure Training Activities FTX	One weekend of complementary support will be provided for cadet corps to participate in **either:** 1. a weekend adventure training FTX (EO C123.01 Participate in Adventure Training) conducted in accordance with A-CR-CCP-930/AG-001, *Cadet Program Interim Activity Safety Direction*; **or** 2. a weekend cold weather FTX (EO C121.05 Participate in Cold Weather Training) conducted in accordance with A-CR-CCP-107/PT-002, *Royal Canadian Army Cadet Course Training Plan, Corps Training Program, Winter Adventure Training Manual*.	1 Weekend
	Total Complementary	**4 Days**

Note: Supported training days and weekends, unless otherwise specified in this QSP, are to be planned and conducted to include participation by all star levels.

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