PROFICIENCY LEVEL THREE POS AND EOS

PO 301 – Citizenship Recognize the Purpose of Service Groups Within Canada	
M301.01	Discuss Community Service Groups
C301.01	Discuss the Three Branches of the Canadian Government
C301.02	Discuss Current Events
C301.03	Tour a Local Community Service Group
C301.04	Participate in a Presentation Given by Guest Speaker from a Local Community Service Group
PO 302 – Community Service Perform Community Service	
M302.01	Perform Community Service
C102.01	Participate in a Ceremonial Parade
C102.02	Perform Community Service
PO 303 – Leadership Perform as a Team Leader	
M303.01	Define the Role of a Team Leader
M303.02	Participate in a Mentoring Relationship
M303.03	Practice Self-Assessment
M303.04	Communicate as a Team Leader
M303.05	Supervise Cadets
M303.06	Solve Problems
M303.07	Lead Cadets Through a Leadership Assignment
303 PC	(Practical Assessment of Lead Cadets Through a Leadership Assignment)
C303.01	Lead Team-Building Activities
C303.02	Deliver a Presentation About a Leader
C103.03	Participate in Team-Building Activities
C203.01	Record Entries in a Reflective Journal
C203.02	Employ Problem Solving
C203.04	Participate in a Presentation Given by a Leader
C203.05	Participate in Trust-Building Activities

Unofficial convenience copy of A-CR-CCP-803/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-803-PF-001/A-CR-CCP-803-PF-001.pdf.
Verify against the official publication.

C203.06	Participate in Problem-Solving Activities
PO 304 – Personal Fitness and Healthy Living Update Personal Activity Plan	
M304.01	Describe the Components of Physical Fitness
M304.02	Participate in the Cadet Fitness Assessment
M304.03	Update Personal Activity Plan
M304.04	Evaluate Personal Activity Plan
C304.01	Participate in the Cadet Fitness Assessment
C304.02	Evaluate Personal Activity Plan
C304.03	Describe Stress
C104.01	Create Team Goals
PO 305 – Recreational Sports Participate in Recreational Sports	
M305.01	Participate in Organized Recreational Team Sports
C105.01	Participate in a Sports Tabloid
C105.02	Participate in an Organized Intramural Sports Event
C105.03	Participate in an Orienteering Event
PO 306 – Air Rifle Marksmanship Participate in Recreational Air Rifle Marksmanship	
M306.01	Participate in Recreational Marksmanship Activity
C306.01	Identify Civilian Marksmanship Organizations
C306.02	Correct Marksmanship Error
C306.03	Adopt the Standing Position With the Cadet Air Rifle
C206.01	Practice Holding Techniques
C206.02	Practice Aiming Techniques
C206.03	Practice Firing Techniques
C106.01	Participate in a Recreational Marksmanship Activity
PO 307 – General Cadet Knowledge Serve in an Air Cadet Squadron	
M307.01	Identify Proficiency Level Three Training Opportunities
M307.02	Identify Year Three CSTC Training Opportunities

Unofficial convenience copy of A-CR-CCP-803/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-803-PF-001/A-CR-CCP-803-PF-001.pdf.
Verify against the official publication.

M307.03	Recognize the Partnership Between the Air Cadet League of Canada (ACLC) and DND
C307.01	Participate in a Presentation Given by a Guest Speaker From the Regional Cadet Support Unit
C307.02	Participate in a Presentation Given by a Guest Speaker From the Cadet Liaison Officer
C307.03	Participate in a Presentation Given by a Guest Speaker From the Air Cadet League of Canada
C307.04	Identify the Application Procedures for the Glider and Power Pilot Scholarships
PO 308 – Drill Direct a Squad Prior to a Parade	
M308.01	Prepare a Squad for Parade
M308.02	Deliver Words of Command
PC 308	(Practical Assessment of M308.02)
C308.01	Execute Flag Drill
C308.02	Deliver Words of Command
C208.01	Practice Ceremonial Drill as a Review
C208.02	Execute Drill with Arms
PO 309 – Instructional Techniques Instruct a Lesson	
M309.01	Explain Principles of Instruction
M309.02	Identify Methods of Instruction
M309.03	Explain Effective Speaking Techniques
M309.04	Recognize Questioning Techniques
M309.05	Select Appropriate Instructional Aids
M309.06	Plan a Lesson
M309.07	Instruct a 15-Minute Lesson
C309.01	Deliver a One-Minute Verbal Presentation
C309.02	Plan a Lesson
C309.03	Instruct a 15-Minute Lesson
C309.04	Identify Formations for Drill
C309.05	Plan a Drill Lesson
C309.06	Instruct a 15-Minute Drill Lesson
PO 311 – Summer Biathlon Participate in Recreational Summer Biathlon Activities	

Unofficial convenience copy of A-CR-CCP-803/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-803-PF-001/A-CR-CCP-803-PF-001.pdf.
Verify against the official publication.

C311.01	Practice Aiming and Firing the Cadet Air Rifle Following Physical Activity
C311.02	Participate in a Recreational Summer Biathlon Activity
PO 320 – CF Familiarization Participate in Canadian Forces (CF) Familiarization Activities	
M320.01	Describe the Role of Canada's Air Force
C320.01	Discuss Canadian Forces (CF) Careers in Aviation
C320.02	Tour a Canadian Forces (CF) Facility
C320.03	Participate in a Presentation Given by a Guest Speaker From a Local Air Force Unit
C120.03	Contact a CF Member on Deployment
PO 331 – Principles of Flight Explain Principles of Flight	
M331.01	Describe Aircraft Stability
C331.01	Review Principles of Flight
C331.02	Read Pitot Static Instruments
C331.03	Identify Aspects of Helicopter Aerodynamics
C331.04	Demonstrate Attitudes and Movements in a Flight Simulator
C331.05	Participate in a Presentation Given by a Guest Speaker From the Local Aviation Community
PO 336 – Meteorology Identify Meteorological Conditions	
M336.01	Describe Properties of the Atmosphere
M336.02	Explain the Formation of Clouds
M336.03	Explain the Effects of Air Pressure on Weather
M336.04	Explain the Effects of Humidity and Temperature on Weather
PC	(Aviation Subjects) – Combined Assessment
C336.01	Read an Aviation Routine Weather Report (METAR)
C336.02	Tour a Meteorological Facility
C336.03	Participate in a Presentation Given by a Flight Services Specialist
PO 337 – Navigation Demonstrate Air Navigation Skills	
M337.01	Measure a Distance Along a Route
M337.02	Determine a Position on a Visual Flight Rules (VFR) Navigational Chart (VNC)

Unofficial convenience copy of A-CR-CCP-803/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-803-PF-001/A-CR-CCP-803-PF-001.pdf.
Verify against the official publication.

C337.01	Operate a Radio for Aviation Transmissions
C337.02	Practice Air Navigation Skills
PO 340 – Aerospace Identify Aspects of Space Exploration	
M340.01	Identify Canadian Astronauts
M340.02	Discuss the History of Manned Space Exploration
C340.01	Identify Canadian Astronauts
C340.02	Discuss the Canadian Space Program
C340.03	Discuss Unmanned Space Exploration
C340.04	Describe Elements of the Night Sky
C340.05	Simulate Life in Space
C340.06	Launch a Water Rocket
C340.07	Identify Global Positioning System (GPS) Components
C340.08	Describe Aspects of the International Space Station (ISS)
C340.09	Participate in a Presentation Given by a Guest Speaker From the Astronomy Community or the Aerospace Industry
C340.10	Identify Online Stargazing Programs
PO – 360 Aerodrome Operations Recognize Aspects of Aerodrome Operations	
C360.01	Identify Types of Aerodromes
C360.02	Explain Aspects of Aerodrome Lighting
C360.03	Construct a Model of the Airspace at an Aerodrome
C360.04	Identify How Equipment is Used at an Aerodrome
C360.05	Identify Aspects of Emergency Response and Aerodrome Security
C360.06	Explain Aspects of Air Traffic Services (ATS)
PO – 370 Aircraft Manufacturing and Maintenance Recognize Aspects of Aerodrome Operations	
M370.01	Identify Components of the Pitot Static System
M370.02	Identify Aircraft Manufacturers
M370.03	Describe Routine Aircraft Inspection Procedures
C370.01	Identify Tasks Required to Maintain Aircraft

Unofficial convenience copy of A-CR-CCP-803/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-803-PF-001/A-CR-CCP-803-PF-001.pdf.
Verify against the official publication.

C370.02	Describe Materials Used in Aircraft Construction
C370.03	Identify Basic Power Tools Used in Aircraft Manufacturing and Maintenance
C370.04	Construct an Aluminum Model Biplane
C370.05	Tour an Aircraft Restoration Project
C270.01	Participate in a Presentation Given by a Guest Speaker From the Aircraft Manufacturing or Maintenance Industry
C270.03	Tour an Aircraft Manufacturing or Maintenance Facility
PO – 390 Aircrew Survival Participate in a Field Exercise	
M390.01	Identify Parts of the Compass
M390.02	Identify Marginal Information and Conventional Signs
M390.03	Determine Grid References (GRS)
M390.04	Determine Distances on a Map and on the Ground
M390.05	Determine Bearings on a Map and on the Ground
390 PC	Navigate a Route Using a Map and Compass
C390.01	Identify Types of Maps
C390.02	Interpret Contour Lines
C390.03	Orient a Map by Inspection
C390.04	Orient a Map Using a Compass
C390.05	Calculate Magnetic Declination
C390.06	Determine Direction Using the Sun
C390.07	Determine Direction at Night
C390.08	Use Blazing Techniques
C390.09	Identify Elements of the Night Sky
C390.10	Identify Methods of Preparing and Cooking a Small Animal or Fish
C390.11	Construct Camp Crafts
C390.12	Perform Minor First Aid in a Field Setting
C390.13	Act as a Member of a Ground Search and Rescue (SAR) Party
C390.14	Participate in a Presentation Given by a Guest Speaker from the Search and Rescue (SAR) Community
C290.04	Construct a Solar Still

Unofficial convenience copy of A-CR-CCP-803/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-803-PF-001/A-CR-CCP-803-PF-001.pdf.
Verify against the official publication.