EO C111.03 – SIMULATE FIRING THE CADET AIR RIFLE FOLLOWING PHYSICAL ACTIVITY

1. **Performance**: Simulate Firing the Cadet Air Rifle Following Physical Activity

2. **Conditions**:

   a. Given:

      (1) Cadet air rifle,

      (2) Cadet air rifle sling,

      (3) Biathlon air rifle target (BART),

      (4) Target frame,

      (5) Marksmanship mat,

      (6) Safety glasses / goggles,

      (7) Supervision, and

      (8) Assistance as required.

   b. Denied: Nil.

   c. Environmental: Air rifle range constructed IAW Part 1, Section 8 of A-CR-CCP-177/PT-001.

3. **Standard**: The cadet shall simulate firing the cadet air rifle following physical activity.

4. **Teaching Points**:

TP	Description	Method	Time	Refs
TP1	Identify techniques to decrease heart rate prior to firing the cadet air rifle.	Interactive Lecture	5 min	C0-150 (p. 43)
TP2	Describe the Biathlon Air Rifle Target (BART).	Interactive Lecture	5 min	C0-151
TP3	Conduct a warm-up session composed of light cardiovascular exercises.	Practical Activity	5 min	C0-002 (pp. 109–113) C0-089
TP4	Conduct an activity where cadets will simulate firing the cadet air rifle following physical activity.	Practical Activity	5 min	
TP5	Conduct a cool-down session composed of light cardiovascular exercises.	Practical Activity	5 min	C0-002 (pp. 109–113) C0-089

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5. **Time**:

a.	Introduction / Conclusion:	5 min
b.	Interactive Lecture:	10 min
c.	Practical Activity:	15 min
d.	Total:	30 min

6. **Substantiation**:

a. An interactive lecture was chosen for TPs 1 and 2 to introduce techniques to decrease heart rate prior to firing the cadet air rifle at the BART.

b. A practical activity was chosen for TPs 3–5 as it is an interactive way to allow the cadets to experience firing the cadet air rifle following physical activity in a safe and controlled environment.

7. **References**:

a. A0-027 A-CR-CCP-177/PT-001 D Cdts 3. (2001). *Canadian cadet movement*: cadet *marksmanship program reference manual*. Ottawa, ON: Department of National Defence.

b. C0-002 ISBN 0-88962-630-8 LeBlanc, J. & Dickson, L. (1997). *Straight talk about children and sport: Advice for parents, coaches, and teachers*. Oakville, ON and Buffalo, NY: Mosaic Press.

c. C0-057 Martha Jefferson Hospital. (2001). *Warm-ups*. Retrieved October 26, 2006, from http://www.marthajefferson.org/warmup.php

d. C0-058 Webb Physiotherapists Inc. (n.d.). *Running exercise*. Retrieved October 26, 2006 from http://www.physioline.co.za/conditions/article.asp?id=46

e. C0-059 Webb Physiotherapists Inc. (n.d.). *Exercises programme for squash, tennis, softball, handball*. Retrieved October 25, 2006 from http://www.physioline.co.za/conditions/article.asp?id=49

f. C0-060 Impacto Protective Products Inc. (1998). *Exercises*. Retrieved October 25, 2006, from http://www.2protect.com/work3b.htm

g. C0-061 City of Saskatoon, Community Services Department. (2006). *Stretch your limits: A smart guide to stretching for fitness*. Retrieved October 26, 2006, from http://www.in-motion.ca/walkingworkout/plan/flexibility/

h. C0-089 ISBN 0-936070-22-6 Anderson, B. (2000). *Stretching: 20th anniversary* (Rev. ed.). Bolinas, CA: Shelter Publications, Inc

i. C0-150 ISBN 0-88011-463-0 Nideffer, R. PhD. (1992). *Psyched to win: How to master mental skills to improve your physical performance*. Champaign, IL: Leisure Press.

j. C0-151 Devin Manufacturing Incorporated. (2005). *Biathlon style airgun target*. Retrieved February 15, 2007 from http://www.devinmfg.com/targets1.html

k. C0-154 Hansen, B. (1999). *Moving on the spot: Fun and physical activity: A collection of 5 minute stretch and movement sessions*. Retrieved October 26, 2006, from http://lin.ca/resource/html/dn3.htm#I1

8. **Training Aids**:

a. Biathlon air rifle target (BART), and

b. Stopwatch.

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9. **Learning Aids**:

    a. Cadet air rifle,

    b. Cadet air rifle sling,

    c. Biathlon air rifle target (BART),

    d. Target frame,

    e. Marksmanship mat, and

    f. Safety glasses / goggles.

10. **Test Details**: Nil.

11. **Remarks**: Cadets must have completed PO 106 (Fire the Cadet Air Rifle) prior to participating in this lesson.

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