EO C311.01 – PRACTICE AIMING AND FIRING THE CADET AIR RIFLE FOLLOWING PHYSICAL ACTIVITY

1. **Performance:** Practice Aiming and Firing the Cadet Air Rifle Following Physical Activity.

2. **Conditions:**

   a. Given:

      (1) Cadet air rifle,

      (2) Safety glasses/goggles,

      (3) Shooting mat,

      (4) Biathlon air rifle target (BART),

      (5) Supervision, and

      (6) Assistance as required.

   b. Denied: N/A.

   c. Environmental:

      (1) Air rifle range constructed IAW A-CR-CCP-177/PT-001, Part 1, Section 8, and

      (2) Sports field, gymnasium, or training area large enough to accommodate the entire group.

3. **Standard:** The cadet shall aim and fire the cadet air rifle following physical activity practicing:

   a. breathing techniques, and

   b. natural alignment.

4. **Teaching Points:**

TP	Description	Method	Time	Ref
TP1	IAW EO C206.02 (Practice Aiming Techniques, A-CR-CCP-602/PG-001, Chapter 4, Section 6), review: a. the importance of controlled breathing in marksmanship, and b. how to achieve a controlled breathing sequence.	Interactive Lecture	5 min	A0-027 (p. 2-12)

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TP	Description	Method	Time	Ref
TP2	IAW EO C206.03 (Practice Firing Techniques, A-CR-CCP-602/PG-001, Chapter 4, Section 6), review natural sight alignment by: a. adopting a comfortable prone position; b. acquiring a sight picture; c. closing both eyes; d. taking several normal breaths to relax the muscles; e. looking through sights when comfortable; f. adjusting body position until a proper sight picture is achieved; and g. proceeding to fire.	Interactive Lecture	5 min	A0-027 (p. 1-5-7)
TP3	Conduct a warm-up session, composed of light cardiovascular exercises, meant to: a. stretch the muscles; b. gradually increase respiratory action and heart rate; c. expand the muscles' capillaries to accommodate the increase in blood circulation; and d. raise muscle temperature to facilitate reactions in muscle tissue.	Practical Activity	5 min	C0-002 (pp. 109–113) C0-089
TP4	Conduct an activity where cadets will aim and fire the cadet air rifle following physical activity practicing: a. breathing techniques, and b. natural alignment.	Practical Activity	60 min	C0-149
TP5	Conduct a cool-down session, composed of light cardiovascular exercises, meant to: a. allow the body to slowly recover from physical activity and help to prevent injury; b. prepare the respiratory and cardiovascular systems to return to their normal state; and c. stretch the muscles.	Practical Activity	5 min	C0-002 (pp. 109–113) C0-089

5. **Time:**

a.	Introduction/Conclusion:	10 min
b.	Interactive Lecture:	10 min
c.	Practical Activity:	70 min
d.	Total:	90 min

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6. **Substantiation:**

   a. An interactive lecture was chosen for TPs 1 and 2 to review aiming and firing techniques.

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

7. **References:**

   a. A0-027 A-CR-CCP-177/PT-001 Director Cadets 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: Mosaic Press.

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

   d. C0-149 Biathlon Canada. (2005). *Biathlon Bears: Community Coaching*. Ottawa, ON: Biathlon Canada.

8. **Training Aids:** Presentation aids (eg, whiteboard/flip chart/OHP) appropriate for the classroom/training area.

9. **Learning Aids:**

   a. Cadet air rifle,

   b. Safety glasses/goggles,

   c. Shooting mat,

   d. Target frame,

   e. BART, and

   f. Coin.

10. **Test Details:** N/A.

11. **Remarks:** This lesson shall be taught prior to conducting EO C311.02 (Participate in a Recreational Summer Biathlon Activity).

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