EO CX05.02 – PARTICIPATE IN A TOURNAMENT

1. **Performance**: Participate in a Tournament

2. **Conditions**:

   a. Given:

      (1) Sports equipment,

      (2) Safety equipment,

      (3) Supervision, and

      (4) Assistance as required.

   b. Denied: Nil.

   c. Environmental: Sports field, gymnasium or training area large enough to accommodate the entire group.

3. **Standard**: The cadet shall:

   a. attend a briefing on the rules of the tournament;

   b. participate in a warm-up;

   c. participate in a tournament; and

   d. participate in a cool-down.

4. **Teaching Points**:

   a. Have the cadets participate in an introductory briefing, to include:

      (1) an overview of the sport(s) that will be played during the tournament,

      (2) type of tournament,

      (3) rules of the tournament,

      (4) organization of the draw, and

      (5) location of first aid post.

   b. Have the cadets participate in a warm-up session, composed of light cardiovascular exercises and stretches.

   c. Have the cadets participate in a tournament.

   d. Have the cadets participate in a cool-down session.

5. **Time**:

a.	Introduction / Conclusion:	5 min
b.	Practical Activity:	25 min
c.	Subtotal:	30 min
d.	Total (9 periods):	270 min

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6. **Substantiation**: A practical activity was chosen for this lesson as it allows the cadets to participate in a tournament in a safe and controlled environment.

7. **References**:

   a. Directorate of Physical Education, Recreation and Amenities. (1989). A-PD-050-015/PT-002. *Physical fitness training in the Canadian Forces* (Vol. 2). Ottawa, ON: Department of National Defence

   b. San Diego County Office of Education. *After school physical activity: Types of tournaments*. Retrieved October 3, 2008, from http://www.afterschoolpa.com/print/typesoftournaments.htmlTBD

8. **Training Aids**:

   a. Sports / safety equipment for the selected sport,

   b. First aid kit,

   c. Whistles, and

   d. Stopwatch.

9. **Learning Aids**: Sports / safety equipment for the selected sport.

10. **Test Details**: Nil.

11. **Remarks**: Examples of sports that may be selected for this lesson include:

   a. baseball,

   b. basketball,

   c. floor hockey,

   d. football (flag or touch),

   e. lacrosse,

   f. ringette,

   g. soccer,

   h. soccer baseball,

   i. ultimate Frisbee, and

   j. volleyball.

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