ROYAL CANADIAN SEA CADETS

PHASE ONE

INSTRUCTIONAL GUIDE

SECTION 1

EO M107.01 – PARTICIPATE IN A DISCUSSION ON PHASE ONE TRAINING

Total Time: 30 min

PREPARATION

PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-601/PG-001, *Phase One Qualification Standard and Plan*, Chapter 4. Specific uses for said resources are identified throughout the instructional guide within the TP for which they are required.

Review the lesson content and become familiar with the material prior to delivering the lesson.

Prepare a set of Performance Objective (PO) index cards, and tape under the chairs or place face down on the desks in the classroom or training area.

Prepare a list of optional training offered at the corps, including timings and participation requirements.

PRE-LESSON ASSIGNMENT

Nil.

APPROACH

An interactive lecture was chosen for this lesson to orient the cadet to the content of Phase One training and opportunities at the corps.

INTRODUCTION

REVIEW

Nil.

OBJECTIVES

By the end of this lesson the cadet shall have participated in a discussion on the training in Phase One.

IMPORTANCE

Having an overview of the training opportunities provided to Phase One cadets prepares new cadets for the training year. They will be able to see how training fits together and identify areas they are particularly interested in. This overview should excite and energize cadets for the coming year.

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Teaching point 1 **Conduct an activity to introduce the content of Phase One.**

Time: 15 min Method: Interactive Lecture

PERFORMANCE OBJECTIVES

There is common cadet training which applies to sea, army and air cadets. POs for these common cadet subjects are as follows:

PO Number and Topic	PO Statement
100 Positive Social Relations for Youth	Participate in *Positive Social Relations for Youth* Training
101 Citizenship	Perform Individual Acts that Better the Community
102 Community Service	Perform Community Service
103 Leadership	Participate as a Member of a Team
104 Personal Fitness and Healthy Living	Track Participation in Physical Activities
105 Physical Activities	Participate in Physical Activities
106 Marksmanship	Fire the Cadet Air Rifle
107 General Cadet Knowledge	Serve in a Sea Cadet Corps
108 Drill	Perform Drill Movements During an Annual Ceremonial Review
111 Biathlon	Participate in Recreational Summer Biathlon Activities

SEA CADET TRAINING

PO Number and Topic	PO Statement
PO 120 Royal Canadian Navy and Maritime Community	Become Familiar with the Sea Element of the Canadian Forces and Maritime Community
PO 121 Ropework	Perform Basic Ropework
PO 122 Small Craft Operation	Participate in a Small Craft Operations Weekend
PO 123 Ship's Operations	Respond to Basic Forms of Naval Communication
PO 125 Nautical Training	Participate in a Nautical Training Weekend
Inter-Divisional Seamanship Competition	

Time: 10 min

OBJECTIVE

This activity is designed to familiarize the cadet with the POs taught in Phase One.

RESOURCES

- Index cards with the PO numbers and topics as per Attachment A.
- Index cards with the objectives / statements as per Attachment A.

ACTIVITY LAYOUT

Nil.

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ACTIVITY INSTRUCTIONS

1. Have the cadets look at their cards and select one of the cadets to read their card aloud.
    - If the card is a PO topic, ask the cadet who thinks they have the matching objective / statement on their card to read out their answer.
    - If the card contains an objective / statement, ask the cadet who thinks they have the matching PO topic to read out their answer.
2. The remainder of the cadets in the class should indicate whether they agree or disagree with this match.
3. If the match is incorrect, ask for another cadet who thinks they have the correct match to read it to the class.
4. If the match is correct, confirm and provide details about the PO including periods allocated and associated activities. The index cards should then be posted on the wall.
5. Select another cadet to read their card aloud.
6. The game continues until all PO topics and objectives / statements have been covered.

SAFETY

Nil.

CONFIRMATION OF TEACHING POINT 1

QUESTION:

Q. What PO most interested you? Go around the room and have the cadets state what PO they are most interested in and why.

ANTICIPATED ANSWERS:

A. Get each cadet to name the PO that they are most interested in. Possible answers could include all of the POs listed here:

- *Positive Social Relations for Youth*,
- citizenship,
- community service,
- leadership,
- personal fitness and healthy living,
- recreational sports,
- marksmanship,
- general cadet knowledge,
- drill,
- biathlon,
- Royal Canadian Navy and the maritime community,
- ropework,

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- small craft operations,
- ship's operations, or
- nautical training.

Teaching point 2 **Explain available optional training at the corps.**

Time: 10 min Method: Interactive Lecture

CORPS OPTIONAL TRAINING OPPORTUNITIES

Optional training offered at the cadet corps varies, depending on a number of factors. Some of these opportunities are dependent on the availability and qualification of staff, and resources of the corps. The corps may offer such activities as:

- Cultural education / travel,
- Music (military band and pipes and drums),
- Winter biathlon,
- First-aid,
- Drill teams, and
- Other optional training that the unit and sponsor choose to pursue.



The focus here should be on activities that the corps is involved in. Days of training, timings, level of participation and any other important details should be included.

CONFIRMATION OF TEACHING POINT 2

QUESTIONS:

Q1. What are some of the optional training activities that your corps participates in?

Q2. What activities would you like to participate in? (Go around the room, and each cadet will reveal what activity(ies) they are most interested in.)

ANTICIPATED ANSWERS:

A1. Answers will vary and will include, but are not limited to, cultural education / travel, music, summer and winter biathlon, first-aid, drill teams and anything else that an individual corps may choose to participate in.

A2. Answers will vary by cadet.

END OF LESSON CONFIRMATION

The cadets' participation in the activity will serve as the confirmation of this activity.

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CONCLUSION

HOMEWORK/READING/PRACTICE

Nil.

METHOD OF EVALUATION

Nil.

CLOSING STATEMENT

There is a wide variety of training available in Phase One. Cadets should look for activities that interest them outside of the mandatory training provided. The cadet will enjoy and benefit more from this program by getting involved in these activities.

INSTRUCTOR REMARKS

This lesson should be scheduled at the beginning of the training year.

REFERENCES

A1 019 Director Cadets. (2003). CATO 31-03 *Sea Cadets Program Outline*. Ottawa, ON: Department of National Defence.

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101 – Citizenship	120 – Royal Canadian Navy and the Maritime Community	105 – Physical Activities
123 – Ship's Operations	102 – Community Service	107 – General Cadet Knowledge
104 – Personal Fitness and Healthy Living	106 – Air Rifle Marksmanship	121 – Ropework
108 – Drill	122 – Small Craft Operation	103 – Leadership
125 – Nautical Training	100 – Positive Social Relations for Youth	111–Biathlon

Figure A-1

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Fire the Cadet Air Rifle	Participate in a Small Craft Operation Weekend	Track Participation in Physical Activities
Become Familiar with the Sea Element of the Canadian Forces and Maritime Community	Perform Community Service	Participate in Positive Social Relations for Youth Training
Respond to Basic Forms of Naval Communications	Perform Individual Acts That Better the Community	Perform Basic Ropework
Participate in Physical Activities	Perform Drill Movements During an Annual Ceremonial Review Parade	Participate as a Member of a Team
Participate as a Member of the Corps	Participate in Recreational Summer Biathlon Activities	Participate in a Nautical Training Weekend

Figure A-2

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