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

1. **Performance:** Participate in a Discussion on Phase One Training

2. **Conditions:**

   a. Given:

      (1) Supervision, and

      (2) Assistance as required.

   b. Denied: Nil.

   c. Environmental: Classroom or training area large enough to accommodate the entire group.

3. **Standard:** The cadet shall participate in a discussion on aspects of Phase One training.

4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Conduct an activity to introduce the content of Phase One, to include: a. training common to the sea, army and air elements of the CCO, to include: 1. Positive Social Relations for Youth, 2. citizenship, 3. community service, 4. leadership, 5. personal fitness and healthy living, 6. recreational sports, 7. air rifle marksmanship, 8. general cadet knowledge, and 9. drill; and b. sea elemental training, to include: 1. Royal Canadian Navy and maritime community, 2. ropework, 3. small craft operation, 4. ship's operations, 5. nautical training, and 6. Inter-Divisional Seamanship Competition.	Interactive Lecture	15 min	A1-019

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TP	Description	Method	Time	Refs
TP2	Explain available optional training at the cadet corps, to include: a. cultural education / travel, b. music, c. summer and winter biathlon, d. first aid, and e. other opportunities as resources allow.	Interactive Lecture	10 min	A1-019

5. **Time:**

a.	Introduction / Conclusion:	5 min
b.	Interactive Lecture:	25 min
c.	Total:	30 min

6. **Substantiation:**

   a. An interactive lecture was chosen for this lesson to orient the cadets to Phase One training and opportunities at the corps.

7. **References:** A1-019 Director Cadets. (2003). CATO 33-01 *Sea Cadet Program Outline*. Ottawa, ON: Department of National Defence.

8. **Training Aids:**

   a. Presentation aids (eg, whiteboards / flipcharts / OHP/ multimedia projector) appropriate for classroom / training area,

   b. Index cards, and

   c. Tape.

9. **Learning Aids:** Nil.

10. **Test Details:** Nil.

11. **Remarks:** This lesson should be scheduled at the beginning of the training year.

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