ROYAL CANADIAN SEA CADETS

PHASE TWO

INSTRUCTIONAL GUIDE

SECTION 4

EO M207.04 – IDENTIFY YEAR TWO CSTC TRAINING OPPORTUNITIES

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-602/PG-001, 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.

PRE-LESSON ASSIGNMENT

N/A.

APPROACH

A group discussion was chosen for TP1 as it allows the cadets to interact with their peers and share their experiences, opinions, and feelings about year two CSTC training opportunities.

An interactive lecture was chosen for TP2 to orient the cadets to year two CSTC training opportunities and to generate interest.

INTRODUCTION

REVIEW

N/A.

OBJECTIVES

By the end of this lesson the cadet shall be expected to identify year two CSTC training opportunities.

IMPORTANCE

It is important for cadets to identify year two CSTC training opportunities available to them because they must decide if and for which course they would like to apply.

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Teaching point 1 **Discuss the Specialty Areas for Year Two CSTC Training**

Time: 10 min Method: Group Discussion

BACKGROUND KNOWLEDGE



The point of the group discussion is to draw the following information from the group using the tips for answering/facilitating discussion and the suggested questions provided.

LEADERSHIP/MARKSMANSHIP/DRILL AND CEREMONIAL

These three specialty areas are offered in one course at this level. Cadets will develop the knowledge and skills required to improve leadership abilities. Activities include:

- leadership;
- marksmanship training;
- recreational marksmanship and biathlon activities;
- naval ceremonial drill;
- advanced foot drill;
- delivering words of command;
- cutlass drill;
- colour party drill; and
- executing ceremonies.

FITNESS AND SPORTS

Cadets will improve individual fitness and sport knowledge and skills. Activities include:

- rules and regulations of sports; and
- personal fitness.

MUSIC

Cadets will develop music knowledge and skills. Activities include:

- learning music theory;
- playing an instrument as part of an ensemble;
- playing an instrument as part of a military band; and
- developing individual music skills.

SAIL

Cadets will develop sailing skills and knowledge in accordance with Canadian Yachting Association (CYA) sail levels. Sailing is the primary activity in this course.

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SEAMANSHIP

Cadets will develop seamanship knowledge and skills. Activities include:

- small craft operations;
- naval communication;
- ropework; and
- a day sail on a Sea Cadet Training Vessel (SCTV).



Write the specialty areas on a whiteboard/flipchart. Explain the activities that are conducted within each area.

GROUP DISCUSSION



TIPS FOR ANSWERING/FACILITATING DISCUSSION

- Establish ground rules for discussion, e.g. everyone should listen respectfully; don't interrupt; only one person speaks at a time; no one's ideas should be made fun of; you can disagree with ideas but not with the person; try to understand others as much as you hope they understand you; etc.
- Sit the group in a circle, making sure all cadets can be seen by everyone else.
- Ask questions that will provoke thought; in other words avoid questions with yes or no answers.
- Manage time by ensuring the cadets stay on topic.
- Listen and respond in a way that indicates you have heard and understood the cadet. This can be done by paraphrasing their ideas.
- Give the cadets time to respond to your questions.
- Ensure every cadet has an opportunity to participate. One option is to go around the group and have each cadet answer the question with a short answer. Cadets must also have the option to pass if they wish.
- Additional questions should be prepared ahead of time.

SUGGESTED QUESTIONS

Q1. Which summer training activities interest you?

Q2. Who is interested in applying for summer training this year? Why?

Q3. What specialty area are you interested in pursuing? Why?



Other questions and answers will develop throughout the group discussion. The group discussion should not be limited to only those suggested.

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Reinforce those answers given and comments made during the group discussion, ensuring the teaching point has been covered.

CONFIRMATION OF TEACHING POINT 1

The cadets' participation in the group discussion will serve as the confirmation of this TP.

Teaching point 2 **Describe Year Two CSTC Courses**

Time: 15 min Method: Interactive Lecture



A cadet who has attended one of these courses could be asked to speak about their experience during this TP.

COMMON COURSES

Basic Fitness and Sports. The aim of this course is to improve the cadets' knowledge and skills in individual fitness and sports.

Military Band – Basic Musician. The aim of this course is to introduce fundamental music knowledge and skills, and for the cadets to achieve a basic music level.

ELEMENTAL COURSES

Basic Leadership. The aim of this course is to build on the knowledge and skills required for an emerging leader to complete a leadership assignment in a peer and small group setting. This course also allows cadets to develop knowledge and skills in marksmanship, and drill and ceremonial.

Basic Sail. The aim of this course is to become proficient in basic sailing skills and to achieve a CYA White Sail Level III.

Basic Seamanship. The aim of this course is to introduce the cadets to small craft operations and naval communications, to develop skills in advanced ropework, and to participate in a day sail on a SCTV.



The only pre-requisite for a year two CSTC course is the successful completion of the Phase Two corps training program.

CONFIRMATION OF TEACHING POINT 2

QUESTIONS

Q1. What is the year two music specialty course called?

Q2. What sail level can be achieved on the Basic Sail Course?

Q3. What are two topics covered in the Basic Seamanship Course?

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ANTICIPATED ANSWERS

A1. Military Band – Basic Musician.

A2. CYA White Sail Level III.

A3. Small craft operations, naval communications, ropework, and to participate in a day sail on a SCTV.

END OF LESSON CONFIRMATION

The cadets' participation in the group discussion will serve as the confirmation of this lesson.

CONCLUSION

HOMEWORK/READING/PRACTICE

N/A.

METHOD OF EVALUATION

N/A.

CLOSING STATEMENT

Summer training is a fun and exciting aspect of the Cadet Program. Training is offered in specialty areas that may not be accessible at the corps. Summer training centres are also a place to meet cadets and make new friends from different corps across Canada. It is important to be familiar with the summer training courses offered so cadets may apply for the course that interests them the most.

INSTRUCTOR NOTES/REMARKS

This EO should be conducted prior to the summer training application deadline of the applicable cadet detachment/region.

It is strongly recommended that the summer training application forms (CF 51) be completed during a training session after this EO has been conducted.

Corps may choose to devote two additional complementary training periods to expand this to a session that includes a parent information seminar.

REFERENCES

A1-019 CATO 31-03. D Cdts 2. (2006). *Sea Cadet Program Outline.* Ottawa, ON: Department of National Defence.

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