ROYAL CANADIAN SEA CADETS

PHASE THREE

INSTRUCTIONAL GUIDE

SECTION 1

EO M307.01 – IDENTIFY PHASE THREE 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-603/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.

Photocopy Annex A for each cadet.

PRE-LESSON ASSIGNMENT

N/A.

APPROACH

An in-class activity was chosen for TPs 1 and 3 as it is an interactive way to provoke thought and stimulate an interest in Phase Three training opportunities among the cadets.

An interactive lecture was chosen for TP 2 to orient the cadets and generate an interest in Phase Three complementary training opportunities.

INTRODUCTION

REVIEW

N/A.

OBJECTIVES

By the end of this lesson the cadet shall have identified the training opportunities they will receive in Phase Three.

IMPORTANCE

It is important for cadets to know what training will be conducted during Phase Three to give them an overview of what the training year will entail. This lesson will prepare the cadets for the training year and help generate interest in the topics.

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Teaching point 1 **Identify Phase Three Mandatory Training Opportunities**

Time: 10 min Method: In-Class Activity

OVERVIEW

The training program is broken into performance objectives (POs), which are the overall subjects, and enabling objectives (EOs), which are the topics within each PO. Training is conducted as mandatory and complementary components.

MANDATORY TRAINING

Mandatory training encompasses the EOs that all cadets must complete throughout the training year.

ACTIVITY

OBJECTIVE

The objective of this activity is to have the cadets participate in a gallery walk of information for each PO.

RESOURCES

Resources will be IAW with each PO as listed below.

ACTIVITY LAYOUT

Set up a station for each PO with information, pictures, videos and other training aids at each station that will exemplify what the cadet will learn in each PO.

PO 301 – Citizenship (Chapter 1)

Citizenship provides the cadets with an opportunity to identify the role of service groups within Canada.



An example of information/training aids that could be set up at this station is information about local service groups.

PO 302 – Community Service (Chapter 2)

Community service provides the cadets with an opportunity to perform community service. The community service should provide a direct benefit to the community and promote good citizenship.



An example of information/training aids that could be set up at this station is pictures from various community service activities in which the corps has participated.

PO 303 – Leadership (Chapter 3)

Leadership provides the cadets with an opportunity to perform the role of a team leader. The cadets will:

- define the role and responsibilities of a team leader;

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- participate in a mentoring relationship;
- practice self-assessment;
- communicate as a team leader;
- supervise cadets;
- solve problems; and
- lead a team through a leadership assignment.



Examples of information/training aids that could be set up at this station include:

- pictures of famous leaders,
- leadership quotes, and
- pictures of cadets from the corps participating in leadership activities/taskings.

PO 304 – Personal Fitness and Healthy Living (Chapter 4)

Personal fitness and healthy living provides the cadets with an opportunity to update their personal physical activity plans (from Phase Two) for the training year. The cadets will:

- describe well-being;
- participate in the Cadet Fitness Assessment;
- set new short-term and long-term goals for the training year; and
- evaluate their personal activity plan.

This PO gives the cadets some of the tools required to make informed choices in order to follow a healthy lifestyle. This is important as physical fitness is one of the aims of the Cadet Program.



Examples of information/training aids that could be set up at this station include:

- the DVD included in The Cooper Institute, *Fitnessgram 8.0 Stand-Alone Test Kit*, Human Kinetics,
- a CD/cassette player with the audio recording of the *PACER* beeps, and
- copies of the Cadet Fitness Assessment Scoresheet.

PO 305 – Recreational Sports (Chapter 5)

Recreational sports provide the cadets with an opportunity to participate in organized recreational team sports. This is important as physical fitness is one of the aims of the Cadet Program.

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Examples of information/training aids that could be set up at this station include:

- soccer ball,
- volleyball,
- floor hockey ball,
- hockey sticks,
- Frisbees, and
- pictures of cadets at the corps participating in recreational sports.

PO 306 – Air Rifle Marksmanship (Chapter 6)

Air rifle marksmanship provides the cadets with an opportunity to participate in a recreational marksmanship activity.



A miniature range could be set up at this station, to include:

- a mat,
- a cadet air rifle,
- sample targets,
- a scope,
- a sling, and
- safety goggles/glasses.

PO 307 – General Cadet Knowledge

General cadet knowledge provides the cadets with the information required to serve as a member of a sea cadet corps. Cadets will:

- identify the training opportunities available in Phase Three; and
- recognize the partnership between the Navy League of Canada and the Department of National Defence in support of the Canadian Cadet Movement.



Examples of information/training aids that could be set up at this station include:

- information sheets/poster on year three summer training opportunities, and
- information about the Navy League of Canada.

PO 308 – Drill (Chapter 8)

Drill provides the cadets with an opportunity to direct a squad on the parade square. The cadets will:

- prepare a squad for a parade; and
- deliver words of command.

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Examples of information/training aids that could be set up at this station include:

- a copy of A-PD-201-000/PT-000, *Canadian Forces Manual of Drill and Ceremonial*,
- a video of cadets participating in drill, and
- pictures of the cadets in the corps participating in drill.

PO 309 – Instructional Techniques (Chapter 9)

Instructional techniques provides the cadets with an opportunity to instruct a lesson. The cadets will:

- explain principles of instruction;
- identify methods of instruction;
- describe effective speaking techniques;
- describe questioning techniques;
- select appropriate instructional aids;
- plan a lesson; and
- instruct a 15-minute lesson.



Examples of information/training aids that could be set up at this station include:

- copies of completed lesson plans, and
- various types of instructional aids.

PO 320 – Canadian Navy and Maritime Community (Chapter 11)

Canadian Navy and maritime community provides the cadets with an opportunity to describe aspects of the Canadian Navy. The cadets will:

- identify classes of Canadian naval ships;
- describe the domestic role of the Canadian Forces; and
- describe the role of the Canadian Forces in international institutions.



Examples of information/training aids that could be set up at this station include:

- pictures of various HMC ships,
- pictures of HMC ship mascots,
- pictures of Canadian naval bases,
- articles about domestic operations in which the Canadian Forces were involved, and
- information about the United Nations, North Atlantic Treaty Organization and the North American Aerospace Defence Command.

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PO 321 – Ropework (Chapter 12)

Ropework provides the cadets with an opportunity to rig a lifting device. The cadets will:

- describe safety procedures for operating lifting devices; and
- rig sheers.



A model sheers could be set up at this station.

PO 323 – Ship's Operations (Chapter 14)

Ship's operations provides the cadets with an opportunity to learn to serve in a naval environment. The cadets will perform the duties of the quartermaster.



Examples of information/training aids that could be set up at this station include:

- a description of corps duties, and
- pictures/videos of cadets performing the duties of the quartermaster.

PO 324 – Sailing (Chapter 15)

Sailing provides the cadets with an opportunity to participate in a sailing weekend IAW the Canadian Yachting Association (CYA) White Sail Level II.



Examples of information/training aids that could be set up at this station include:

- pictures/videos of cadets sailing, and
- a model sailboat.

Seamanship Inter-Divisional Competition (Chapter 16)

The seamanship inter-divisional competition (SIDC) provides the cadets with an opportunity to compete with their peers in activities, such as:

- trivia questions from Phase training,
- ropework,
- ship's operations, and
- team building.

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Examples of information/training aids that could be set up at this station include:

- a model sheers,
- examples of ropework,
- pictures/models of ships, and
- pictures/videos of cadets participating in the SIDC.

ACTIVITY INSTRUCTIONS

Have the cadets walk around the classroom, visiting each station.

SAFETY

N/A.

CONFIRMATION OF TEACHING POINT 1

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

Teaching point 2 **Identify Phase Three Complementary Training Opportunities**

Time: 5 min Method: Interactive Lecture



Discuss the complementary training opportunities that will be taught for each PO. The following information is a summary of the complementary training offered in Phase Three.

PHASE THREE COMPLEMENTARY TRAINING

Complementary training provides corps staff with a variety of EOs they can choose to instruct. These lessons are used to complement mandatory training.

PO 301 – Citizenship (Chapter 1)

Complementary training for citizenship provides the cadets an opportunity to:

- discuss the three branches of the Canadian government;
- discuss current events;
- tour a local community service group; and
- participate in a presentation given by a guest speaker from a local community service group.

PO 302 – Community Service (Chapter 2)

Complementary training for community service provides the cadets an opportunity to:

- participate in a ceremonial parade; and
- perform additional community service.

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PO 303 – Leadership (Chapter 3)

Complementary training for leadership provides the cadets an opportunity to:

- lead team-building activities; and
- deliver a presentation about a leader.

PO 304 – Personal Fitness and Healthy Living (Chapter 4)

Complementary training for personal fitness and healthy living provides the cadets an opportunity to:

- participate in the Cadet Fitness Assessment and evaluate a personal activity plan at the mid-point of the training year;
- describe stress; and
- create team goals.

PO 305 – Recreational Sports (Chapter 5)

Complementary training for recreational sports provides the cadets an opportunity to:

- participate in an organized sports tabloid;
- participate in an organized intramural sports event; and
- participate in an orienteering event.

PO 306 – Air Rifle Marksmanship (Chapter 6)

Complementary training for air rifle marksmanship provides the cadets an opportunity to:

- identify civilian marksmanship organizations;
- correct marksmanship error;
- adopt the standing position with the cadet air rifle;
- practice holding techniques;
- practice aiming techniques; and
- practice firing techniques.

PO 307 – General Cadet Knowledge

Complementary training for general cadet knowledge provides the cadets an opportunity to:

- participate in a presentation given by a guest speaker form the Regional Cadet Support Unit;
- participate in a presentation given by the Cadet Liaison Officer; and
- participate in a presentation given by a guest speaker from the Navy League of Canada.

PO 308 – Drill (Chapter 8)

Complementary training for drill provides the cadets an opportunity to:

- execute flag drill;
- practice delivering words of command;
- practice ceremonial drill as a review; and

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- execute drill with arms.

PO 309 – Instructional Techniques (Chapter 9)

Complementary training for instructional techniques provides the cadets an opportunity to:

- deliver a one-minute verbal presentation;
- identify formations for drill instruction;
- plan a drill lesson; and
- instruct a 15-minute drill lesson.

PO 311 – Biathlon (Chapter 10)

Complementary training for biathlon provides the cadets an opportunity to:

- practice aiming and firing the cadet air rifle following physical activity;
- participate in a recreational summer biathlon activity;
- identify civilian biathlon opportunities;
- run on alternate terrain;
- fire the cadet air rifle using a sling following physical activity;
- participate in a competitive summer biathlon activity;
- participate in a biathlon briefing;
- run wind sprints; and
- fire the cadet air rifle following physical activity.

PO 320 – Canadian Navy and Maritime Community (Chapter 11)

Complementary training for Canadian Navy and maritime community provides the cadets an opportunity to:

- attend a presentation on a naval commemorative event;
- describe the Women's Royal Naval Services; and
- describe naval aviation.

PO 321 – Ropework (Chapter 12)

Complementary training for ropework provides the cadets an opportunity to:

- rig a standing derrick;
- rig a gyn;
- make a monkey's fist; and
- make a turk's head.

PO 322 – Small Craft Operations (Chapter 13)

Complementary training for small craft operations provides the cadets an opportunity to attain a pleasure craft operator competency card, to include:

- describing acts, codes and regulations;

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- describing personal safety;
- describing vessel safety; and
- describing navigation safety.

PO 323 – Ship's Operations (Chapter 14)

Complementary training for ship's operations provides the cadets an opportunity to:

- communicate using flags and pennants;
- pipe Wakey Wakey; and
- pipe Hands to Dinner.

PO 325 – Nautical Training (Chapter 15)

Complementary training for nautical training offers two options that provide the cadets an opportunity to:

- perform small craft/vessel duties while underway; or
- participate in a nautical activity that will reinforce mandatory and/or complementary training, allow cadets to participate in naval aspects of the CF or maritime community/industry, and provide a hands-on opportunity that introduces new skills/knowledge.

CONFIRMATION OF TEACHING POINT 2

QUESTIONS

Q1. What is the purpose of complementary training?

Q2. What complementary training is associated with PO 303 – Leadership (Chapter 3)?

Q3. What complementary training is associated with PO 321 – Ropework (Chapter 12)?

ANTICIPATED ANSWERS

A1. Complementary training is used to complement the mandatory training.

A2. Complementary training for leadership includes:

- lead team-building activities; and
- deliver a presentation about a leader.

A3. Complementary training for ropework includes:

- rig a standing derrick;
- rig a gyn;
- make a monkey's fist; and
- make a turk's head.

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Teaching point 3 **Conduct an Activity Where the Cadets Will Identify Phase Three Training Opportunities**

Time: 10 min Method: In-Class Activity

ACTIVITY

OBJECTIVE

The objective of this activity is to have the cadets identify Phase Three training opportunities.

RESOURCES

- Phase Three POs and EOs handout,
- Flip chart paper, and
- Markers/pencil crayons.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS



This activity may be conducted in groups of no more than three cadets or individually.

1. Distribute the Phase Three POs and EOs handout located at Annex A.
2. Distribute a piece of flip chart paper and markers/pencil crayons to each group/cadet.
3. Have the cadets design a poster that illustrates what they are most excited to do in Phase Three training.
4. Have each group/cadet present their poster to the class.

SAFETY

N/A.

CONFIRMATION OF TEACHING POINT 3

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

END OF LESSON CONFIRMATION

The cadets' identifying Phase Three training opportunities in the activity in TP 3 will serve as the confirmation of this lesson.

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CONCLUSION

HOMEWORK/READING/PRACTICE

N/A.

METHOD OF EVALUATION

N/A.

CLOSING STATEMENT

Being aware of the topics to be covered during Phase Three training will help generate interest in the training year. Being aware of the opportunities available throughout the training year may stimulate an interest in specific areas of training.

INSTRUCTOR NOTES/REMARKS

For Phase Three complementary training opportunities in TP 2, refer to the corps' annual training plan.

This EO should be scheduled as early as possible in the training year.

REFERENCES

A0-096 Director Cadets 3. (2007). CATO 11-04, *Cadet Program Outline*. Ottawa, ON: Department of National Defence.

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