EO MX05.01 – PARTICIPATE IN PHYSICAL ACTIVITIES

1. **Performance**: Participate in Physical Activities

2. **Conditions**:

   a. Given:

      (1) Supervision, and

      (2) 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 selected physical activity;

   b. participate in a warm-up session;

   c. participate in the selected physical activity; and

   d. participate in a cool-down session.

4. **Teaching Points**:

   a. Introduce the cadets to the selected physical activity, to include:

      (1) which component(s) of fitness are improved through participation in the selected physical activity, and

      (2) techniques for participating in the selected physical activity.

   b. Have the cadets participate in a safety briefing, to include:

      (1) rules / regulations of the selected physical activity,

      (2) requirement for safety equipment for the selected physical activity,

      (3) location of first aid post, and

      (4) boundaries or route information.

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

   d. Have the cadets participate in the selected physical activity.

   e. 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 physical activities in a safe and controlled environment.

7. **References**:

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8. **Training Aids**:

a. Presentation aids (eg, whiteboard / flip chart / OHP) appropriate for the classroom / training area,

b. Equipment for the selected physical activity, and

c. First aid kit.

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9. **Learning Aids**: Equipment for the selected physical activity.

10. **Test Details**: Nil.

11. **Remarks**:

    a. Cardiovascular activities selected for this lesson may include, but are not limited to:

        (1) aerobics,

        (2) cross-country skiing,

        (3) hiking,

        (4) ice skating,

        (5) instructor-led dancing,

        (6) orienteering,

        (7) rollerblading,

        (8) running,

        (9) skipping rope,

        (10) snowshoeing, and

        (11) swimming.

    b. Muscular strength activities selected for this lesson may include, but are not limited to:

        (1) balance ball exercises,

        (2) Pilates,

        (3) resistance exercises using bands,

        (4) resistance exercises using the body,

        (5) weighted ball exercises, and

        (6) weighted bar exercises.

    c. Muscular flexibility activities selected for this lesson may include, but are not limited to:

        (1) stretching,

        (2) tai chi, and

        (3) yoga.

    d. Recreational team sports selected for this lesson may include, but are not limited to:

        (1) baseball,

        (2) basketball,

        (3) floor hockey,

        (4) football (flag or touch),

        (5) lacrosse,

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(6) ringette,

(7) soccer,

(8) soccer baseball,

(9) softball,

(10) ultimate Frisbee, and

(11) volleyball.

e. Other physical activities selected for this lesson may include, but are not limited to:

(1) active games, such as:

(a) active video games,

(b) battleship, and

(c) tag;

(2) circuit training,

(3) martial arts, and

(4) tabloids.

f. The aim of this lesson is for cadets to have fun participating in physical activities. Choose activities the cadets will enjoy. Survey cadets to determine those physical activities in which they are interested.

g. Several physical activities may be conducted concurrently. Choice is an important factor when it comes to enjoying physical activity. The more varying types of physical activities cadets are exposed to, the more likely they are to find an activity they will be interested in pursuing on a regular basis.

h. Choose activities based on human and material resources accessible to the corps / squadron.

i. Fitness videos (conducted by a certified trainer), certified trainers and Canadian Forces Personnel Support Programs (PSP) staff may be used to conduct this training.

j. Activities chosen for this training are not limited to the lists presented above but must be age appropriate, safe, and in-line with the aim of promoting physical fitness.

k. Physical activity periods may be conducted consecutively to provide the cadets an opportunity to participate in longer, varied physical activities.

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