

SECTION 9**PO 107 – SERVE IN A SEA CADET CORPS**

1. **Performance:** Serve in a Sea Cadet Corps
2. **Conditions:**
 - a. Given:
 - (1) Sea Cadet uniform,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet will serve in a sea cadet corps, to include:
 - a. identifying Phase One and summer training opportunities;
 - b. paying compliments to senior ranks;
 - c. correctly addressing senior ranks;
 - d. paying proper respects to senior ranks;
 - e. stating the aim of the Cadet Program and motto of the Sea Cadet Program; and
 - f. wearing the sea cadet uniform.
4. **Remarks:** Nil.
5. **Complementary Material:** Complementary material associated with PO 107 is designed to enhance the cadet's participation in their cadet corps, specifically:
 - a. EO C107.01 (Maintain the Sea Cadet Uniform),
 - b. EO C107.02 (Participate in a Tour of the Corps), and
 - c. EO C107.03 (Participate in an Activity on the History of the Corps).

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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: <ol style="list-style-type: none"> a. training common to the sea, army and air elements of the CCO, to include: <ol style="list-style-type: none"> (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: <ol style="list-style-type: none"> (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

TP	Description	Method	Time	Refs
TP2	<p>Explain available optional training at the cadet corps, to include:</p> <ul style="list-style-type: none"> 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.

EO M107.02 – IDENTIFY SEA CADET AND NAVAL OFFICER RANKS

1. **Performance:** Identify Sea Cadet and Naval Officer Ranks
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 identify the rank structure of:
 - a. the Royal Canadian Sea Cadets (RCSC), and
 - b. the Royal Canadian Navy.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain the structure and rank insignia of the RCSC, to include: <ol style="list-style-type: none"> a. Ordinary Seaman (OS), b. Able Seaman (AB), c. Leading Seaman (LS), d. Master Seaman (MS), e. Petty Officer Second Class (PO2), f. Petty Officer First Class (PO1), g. Chief Petty Officer Second Class (CPO2); and h. Chief Petty Officer First Class (CPO1). 	Interactive Lecture	10 min	A1-003
TP2	Explain the naval officer rank structure, to include: <ol style="list-style-type: none"> a. Naval Cadet (NCdt), b. Acting Sub-Lieutenant (A/SLt), c. Sub-Lieutenant (SLt); d. Lieutenant (Navy) (Lt(N)), e. Lieutenant Commander (LCdr), f. Commander (Cdr), g. Captain (Navy) (Capt(N)), h. Commodore (Cmdre), i. Rear-Admiral (RAdm), j. Vice-Admiral (VAdm), and k. Admiral (Adm). 	Interactive Lecture	15 min	A1-011 A1-014

5. **Time:**

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

6. **Substantiation:** An interactive lecture was chosen for this lesson to orient the cadets to the rank structure of the RCSC and the Royal Canadian Navy.

7. **References:**

- a. A1-003 Director Cadets. (2012). CATO 35-01 *Royal Canadian Sea Cadet Dress Instructions*. Ottawa, ON.
- b. A1-011 Department of National Defence Canadian Forces. Retrieved 4 April 2006 from www.forces.gc.ca/site/Community/insignia/nava_e.asp.
- c. A1-014 Naval Reserve. Retrieved 10 April 2006, from www.navres.forces.gc.ca/HQ-QG/recrut/grade_e.htm.

8. **Training Aids:**

- a. Presentation aids (eg, whiteboard / flipchart / OHP / multimedia projector) appropriate for classroom / training area,
- b. Markers,
- c. Set of cadet ranks slip-ons,
- d. Visual aids of the naval officer ranks,
- e. Sea cadet rank poster, and
- f. Tape.

9. **Learning Aids:**

- a. Pictures of sea cadet ranks for activity; and
- b. Pictures of naval officer ranks for activity.

10. **Test Details:** Nil.

11. **Remarks:** Nil.

EO M107.03 – OBSERVE THE RULES AND PROCEDURES FOR THE PAYING OF COMPLIMENTS

1. **Performance:** Observe the Rules and Procedures for the Paying of Compliments
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 observe rules and procedures for the paying of compliments, to include:
 - a. addressing cadet NCMs and subordinate officers;
 - b. addressing commissioned officers;
 - c. entering and leaving the ship's office; and
 - d. paying compliments on other occasions.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	<p>Explain and conduct an activity on the procedures for addressing a cadet NCO or subordinate officer:</p> <ol style="list-style-type: none"> a. standing at the position of attention after approaching the NCO / subordinate officer; b. not saluting, as NCOs / subordinate officers do not hold a commission; c. addressing the NCO / subordinate officer by rank and surname and subsequently by rank (PO 1) or sir / ma'am throughout the conversation; and d. remaining at the position of attention for the duration of the conversation. 	In-Class Activity	10 min	A0-002 (pp. 1-2-2 to 1-2-3)

TP	Description	Method	Time	Refs
TP2	<p>Explain and conduct an activity on the procedures for addressing a commissioned officer:</p> <ol style="list-style-type: none"> a. standing at the position of attention after approaching the officer; b. saluting in accordance with the Canadian Forces Manual of Drill and Ceremonial; c. addressing the officer by rank and surname and subsequently by sir or ma'am throughout the conversation; d. remaining at the position of attention for the duration of the conversation unless otherwise directed by the commissioned officer; and e. saluting when the conversation is complete. 	In-Class Activity	5 min	A0-002 (pp. 1-2-2 to 1-2-3)
TP3	<p>Explain the regulations for paying compliments inside a building:</p> <ol style="list-style-type: none"> a. cadets shall salute indoors only if the following conditions apply: <ol style="list-style-type: none"> (1) on parade, (2) ceremonial occasion, or (3) when entering and leaving the ship's office; b. when entering the ship's office the cadet shall: <ol style="list-style-type: none"> (1) stand at the position of attention at the doorway; (2) salute if wearing headdress and the office occupant holds a commission; and (3) ask permission to enter; c. when leaving the ship's office the cadet shall: <ol style="list-style-type: none"> (1) stand at the position of attention at the doorway; (2) salute if wearing headdress and the office occupant holds a commission; and (3) depart; d. cadets will turn their head and offer a polite greeting when meeting an officer in a common area; and e. it is not normally customary to wear headdress inside a building, other than an armouries or drill hall. 	Interactive Lecture	5 min	A0-002 (pp. 1-2-3 to 1-2-4)

TP	Description	Method	Time	Refs
TP4	Explain other occasions to pay compliments, to include when: <ol style="list-style-type: none"> a. the Canadian or another foreign national anthem is played; b. the Royal Anthem is played; c. recognizing a commissioned officer who is not in uniform; d. the national flag is being raised and lowered; e. the ensign is being lowered and raised; f. boarding and upon disembarking any of Her Majesty's Canadian ships or those of a foreign service, cadets shall pay compliments to the quarterdeck. 	Interactive Lecture	5 min	A0-002 (pp. 1-2-3 to 1-2-4)

5. **Time:**

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|-------------------------------|--------|
| a. Introduction / Conclusion: | 5 min |
| b. Interactive Lecture: | 10 min |
| c. In-Class Activity: | 15 min |
| d. Total: | 30 min |

6. **Substantiation:**

- a. An in-class activity was chosen for TPs 1 and 2 as an interactive way to provoke thought and stimulate interest in procedures for addressing NCOs, subordinate officers and commissioned officers.
- b. An interactive lecture was chosen for TPs 3 and 4 to orient the cadets to regulations for paying compliments inside a building, and to other occasions to pay compliments.

7. **References:** A0-002 A-PD-201-000/PT-000 DHH 3-2. (2001). *The Canadian Forces manual of drill and ceremonial*. Ottawa, ON: The Department of National Defence.

8. **Training Aids:** Presentation aids (eg, whiteboard / flipchart / OHP / multimedia projector) appropriate for classroom / training area.

9. **Learning Aids:** Nil.

10. **Test Details:** Nil.

11. **Remarks:** Nil.

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EO M107.04 – STATE THE AIM AND MOTTO OF THE SEA CADET PROGRAM

1. **Performance:** State the Aim and Motto of the Sea Cadet Program
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 state:
 - a. the mission and vision of the cadet program;
 - b. the aim of the Sea Cadet Program; and
 - c. the motto of the Sea Cadet Program.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Conduct an activity on the mission of the sea cadet program, by: <ol style="list-style-type: none"> a. separating the class into two groups; b. giving each group flip chart paper and markers; c. having the cadets brainstorm what the mission of the cadet program is and write it on the flip chart paper; and d. having the groups present their ideas. Note: State the mission of the cadet program, which is to contribute to the development and preparation of youth for the transition to adulthood, enabling them to meet the challenges of modern society, through a dynamic, community-based program.	In-Class Activity	5 min	A0-010

TP	Description	Method	Time	Refs
TP2	<p>Conduct a brainstorming activity on the vision of the sea cadet program, by:</p> <ol style="list-style-type: none"> separating the class into two groups; giving each group flip chart paper and markers; having the cadets brainstorm what the vision of the cadet program is and write it on the flip chart paper; and having the groups present their ideas. <p>State the vision of the cadet program: To be a relevant, credible and proactive youth development organization, offering the program of choice for Canada's youth, preparing them to become the leaders of tomorrow through a set of fun, challenging, well organized and safe activities.</p>	In-Class Activity	5 min	A0-010
TP3	<p>Describe the aim of the cadet program, to include:</p> <ol style="list-style-type: none"> develop in youth the attributes of good citizenship and leadership; promote physical fitness; and stimulate the interest of youth in the sea, land and air activities of the Canadian Forces. 	Interactive Lecture	10 min	A0-010
TP4	<p>State the motto of the sea cadet program, which is "Ready Aye Ready".</p>	Interactive Lecture	5 min	A0-010

5. **Time:**

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

6. **Substantiation:**

- An in-class activity was chosen for TPs 1 and 2 as an interactive way to provoke thought and stimulate interest in the mission and vision of the Sea Cadet Program.
- An interactive lecture was chosen for TPs 3 and 4 to orient the cadets to the aim and motto of the Cadet Program.

7. **References:** A0-010 D Cds. (1999). *CATO 11-03: Cadet program mandate*. In *Cadet Administrative and Training Orders (Vol. 1)*. Ottawa, ON.
8. **Training Aids:**
 - a. Presentation aids (eg, whiteboards / flipcharts / OHP / multimedia projector) appropriate for classroom / training area.
 - b. Puzzles
 - c. Markers,
 - d. Scissors, and
 - e. Envelopes.
9. **Learning Aids:** Nil.
10. **Test Details:** Nil.
11. **Remarks:** Nil.

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EO M107.05 – WEAR THE SEA CADET UNIFORM

1. **Performance:** Wear the Sea Cadet Uniform
2. **Conditions:**
 - a. Given:
 - (1) Sea Cadet uniform,
 - (2) Sea Cadet physical training uniform,
 - (3) Sea Cadet winter clothing,
 - (4) Supervision, and
 - (5) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** IAW CATO 35-01, *Royal Canadian Sea Cadet Dress Instructions*, the cadet shall wear the cadet uniform in a manner that reflects credit on the CCM, to include:
 - a. wearing properly positioned headdress;
 - b. ensuring uniform is clean and pressed, and worn with shone boots;
 - c. ensuring hair is neatly groomed and conservatively styled;
 - d. wearing only the jewellery permitted; and
 - e. conforming to the body adornment rules (eg, make-up, piercing).
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain and demonstrate how to wear and care for the seaman's cap.	Demonstration	5 min	A1-003
TP2	Describe other authorized headdress and their proper wear.	Demonstration	5 min	A1-003
TP3	Explain and demonstrate the correct way to wear and care for clothing on the upper body.	Demonstration	5 min	A1-003
TP4	Explain and demonstrate the correct way to wear and care for clothing on the lower body.	Demonstration	10 min	A1-003
TP5	Explain and demonstrate the correct manner to wear footwear.	Demonstration	5 min	A1-003

TP	Description	Method	Time	Refs
TP6	<p>Explain and demonstrate the following aspects of personal appearance, to include:</p> <p>a. male hair, to include:</p> <p style="padding-left: 40px;">(1) hairstyles,</p> <p style="padding-left: 40px;">(2) moustaches,</p> <p style="padding-left: 40px;">(3) sideburns, and</p> <p style="padding-left: 40px;">(4) moustaches.</p> <p>b. female hair,</p> <p>c. make up,</p> <p>d. jewellery,</p> <p>e. tattoos and body piercing,</p> <p>f. eyeglasses / sunglasses,</p> <p>g. backpacks, and</p> <p>h. general deportment</p>	Demonstration	20 min	A1-003

5. **Time:**

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| a. Introduction / Conclusion: | 10 min |
| b. Demonstration: | 50 min |
| c. Total: | 60 min |

6. **Substantiation:** A demonstration was chosen for this lesson as it allows the instructor to explain and demonstrate the proper way in which to wear the sea cadet uniform.

7. **References:** A1-003 Director of Cadets. (2012). *CATO 35-01 Sea cadet dress instructions*. Ottawa, ON.

8. **Training Aids:**

- a. Presentation aids (eg, whiteboards / flipcharts / OHP / multimedia projector) appropriate for classroom / training area,
- b. Sea Cadet dress uniform,
- c. Sea Cadet training uniform,
- d. Sea Cadet physical training uniform,
- e. Sea Cadet winter clothing: All-season jacket, toque and gloves, and
- f. Polishing kit: Polish, toothbrush, and soft cloth.

9. **Learning Aids:**

- a. Sea Cadet dress uniform,
- b. Sea Cadet physical training uniform,
- c. Sea cadet winter clothing, and
- d. Polishing kit: Polish, toothbrush, and soft cloth.

10. **Test Details:** Nil.
11. **Remarks:** This lesson should be scheduled to be conducted at the beginning of the training year.

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EO M107.06 – IDENTIFY YEAR ONE SUMMER TRAINING OPPORTUNITIES

1. **Performance:** Identify Year One Summer Training Opportunities
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: N/A.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall identify year one training opportunities, to include:
 - a. General Training (GT) course, and
 - b. all CSTC training opportunities.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Discuss the GT course to include duration, locations and training.	Interactive Lecture	10 min	A1-019 C0-043
TP2	Introduce additional CSTC training courses and international exchange opportunities.	Interactive Lecture	15 min	A1-019 A1-006

5. **Time:**
 - a. Introduction / Conclusion: 5 min
 - b. Interactive Lecture: 25 min
 - c. Total: 30 min
6. **Substantiation:** An interactive lecture was chosen for this lesson to orient the cadets to the year one summer training opportunities and generate interest.
7. **References:**
 - a. A1-006 CATO 34-02 Director Cadets 2. (1992). *Royal Canadian Sea Cadet International Exchange*. Ottawa, ON: Department of National Defence.

- b. A1-019 CATO 31-03 Director Cadets SSO Sea Cadets. *Sea Cadet Program Outline*. Ottawa, ON: Department of National Defence.
- 8. **Training Aids:** Presentation aids (eg, whiteboard / flipchart / OHP / multimedia projector) appropriate for classroom / training area.
- 9. **Learning Aids:** N/A
- 10. **Test Details:** N/A
- 11. **Remark:** Have senior cadets, with CSTC training experience, share their CSTC experiences during this lesson.

EO C107.01 – MAINTAIN THE SEA CADET UNIFORM

1. **Performance:** Maintain the Sea Cadet Uniform
2. **Conditions:**
 - a. Given:
 - (1) Sea cadet uniform,
 - (2) Polishing kit,
 - (3) Iron and ironing board,
 - (4) Lint brush,
 - (5) Supervision, and
 - (6) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** IAW CATO 35-01, *Sea Cadet Dress Instructions*, the cadet shall maintain the sea cadet uniform, to include:
 - a. ensuring uniform is clean and pressed; and
 - b. ensuring footwear is clean and shone.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Explain tips for ironing the uniform, to include: <ol style="list-style-type: none"> a. ensuring surface of iron is clean; b. ensuring iron is not too hot; c. ensuring article of uniform is clean; d. using a spray bottle or starch; and e. using a pressing cloth which will prevent parts of the uniform from becoming shiny (some examples of items that can be used as a pressing cloth include a thin towel, pillowcase, old cotton cloth and a paper bag). 	Interactive Lecture	5 min	A2-028
TP2	Demonstrate the correct method of care for the trousers, as per CATO.	Demonstration and Performance	5 min	A2-028
TP3	Demonstrate the correct method of care for the gunshirt, as per CATO.	Demonstration and Performance	5 min	A2-028
TP4	Demonstrate the correct method of care for the tunic, as per CATO.	Demonstration and Performance	5 min	A2-028

TP	Description	Method	Time	Refs
TP5	<p>Demonstrate general guidelines for the boots, to include:</p> <p>a. the method for polishing the boots, to include:</p> <ol style="list-style-type: none"> (1) cleaning the boot welts with an old toothbrush and black boot polish; (2) using a polish cloth wrapped around the index finger; (3) applying a moderate amount of polish to the cloth; (4) applying the polish in a circular motion to the area being polished; (5) starting with large circles to cover the area with polish; (6) using smaller circles as the polish gets worked into the boot; and (7) continuing to work in a circular motion until the circles formed by the polish are no longer visible. The whole boot is to be polished, not just the toe; and <p>b. lacing the boots as per CATO.</p>	Demonstration and Performance	5 min	A2-028
TP6	<p>Demonstrate the correct method of care for the seaman's cap, to include:</p> <p>a. washing the cap with an old toothbrush and mild detergent or white toothpaste;</p> <p>b. sewing in the chin stay to fit properly</p> <p>c. attaching the cap tally, to include:</p> <ol style="list-style-type: none"> (1) centring the lettering between the "I" and the "A" in the word "CANADIAN" with the centre cap seam; (2) ensuring the ends are tied in a neat bow, not more than 7.5 cm and not less than 5 cm across, the ends being equal in length; (3) ensuring the bow is centred with the left ear vents; and (4) ensuring the cap tally is taut to the rim of the cap. 	Demonstration and Performance	5 min	A2-028
TP7	Demonstrate the method for wearing the hair, for male cadets and for female cadets, as per CATO.	Demonstration and Performance	10 min	A2-028 A0-001

TP	Description	Method	Time	Refs
TP8	Supervise and advise cadets as they practise maintaining the uniform, to include: <ol style="list-style-type: none"> a. trousers, b. gunshirt, c. tunic, d. boots, and e. seaman's cap. 	Performance	10 min	

5. **Time:**

a. Introduction / Conclusion:	10 min
b. Interactive Lecture:	5 min
c. Demonstration and Performance:	35 min
d. Performance:	10 min
e. Total:	60 min

6. **Substantiation:**

- a. An interactive lecture was chosen for TP 1 to orient the cadets to the tips for ironing the uniform.
- b. The demonstration and performance was chosen for TPs 2 –8 as it allows the instructor to explain and demonstrate the care of the uniform while providing an opportunity for the cadets to practice under supervision.

7. **References:**

- a. A0-001 A-AD-265-000/AG-001 DHH 3-2. (2001). *Canadian Forces dress instructions*. Ottawa, ON: Department of National Defence.
- b. A1-003 Director Cadets. (2012). *CATO 35-01 Sea cadet dress instructions*. Ottawa, ON: Department of National Defence.

8. **Training Aids:** Sea cadet uniform.

9. **Learning Aids:** Sea cadet uniform.

10. **Test Details:** Nil.

11. **Remarks:**

- a. It is recommended to have an assistant instructor for this lesson.
- b. In suitable quantities, the instructor is expected to locally acquire some of the resources to enhance this period, to include:
 - (1) ironing board,
 - (2) iron,
 - (3) starch,
 - (4) black boot polish,

- (5) soft boot cloth,
- (6) toothbrush for boot welts,
- (7) scissors,
- (8) lint brush,
- (9) hair elastics,
- (10) bobbi pins, and
- (11) hair net.

EO C107.02 – PARTICIPATE IN A TOUR OF THE CORPS

1. **Performance:** Participate in a Tour of the Corps
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 tour of the cadet corps to:
 - a. identify key areas of the corps;
 - b. identify the corps staff; and
 - c. develop knowledge of the corps' rules and procedures.
4. **Teaching Points:** Conduct a tour of the facilities and introduce the cadets to the cadet corps staff. Visit each area of the cadet corps, to include:
 - a. parade square (protocols and respect),
 - b. classrooms,
 - c. break areas / canteen, to include:
 - (1) availability, and
 - (2) appropriate use;
 - d. washrooms,
 - e. communications areas (bulletin boards, sign up sheets),
 - f. Commanding Officer's office,
 - g. ship's office,
 - h. training office,
 - i. supply areas, and
 - j. out of bounds areas.
5. **Time:**

a. Introduction / Conclusion:	5 min
b. Practical Activity:	25 min
c. Total:	30 min

6. **Substantiation:** A practical activity was chosen for this lesson as it is an interactive way for cadets to learn about the facilities of their corps in a safe and controlled environment.
7. **References:** Nil.
8. **Training Aids:** Nil.
9. **Learning Aids:**
 - a. Corps / squadron maps if available (see example map in Annex A);
 - b. Corps / squadron passports found in Annex B of the Instructional Guide; and
 - c. Stickers.
10. **Test Details:** Nil.
11. **Remarks:** Nil.

EO C107.03 – PARTICIPATE IN AN ACTIVITY ABOUT THE HISTORY OF THE CORPS

1. **Performance:** Participate in an Activity About the History of the Corps
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 an activity about the history of the corps, to include:
 - a. formation of the corps,
 - b. significant corps developments, and
 - c. awards and accomplishments within the corps.

4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Conduct a corps history learning station activity.	In-Class Activity	20 min	
TP2	Conduct a group discussion on what cadets have discovered about the history of their corps.	Group Discussion	5 min	

5. **Time:**

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| a. Introduction / Conclusion: | 5 min |
| b. In-Class Activity: | 20 min |
| c. Group Discussion: | 5 min |
| d. Total: | 30 min |

6. **Substantiation:**

- a. An in-class activity was chosen for TP 1 as it is an interactive way to provoke thought and stimulate interest among cadets about the history of their cadet corps.
- b. A group discussion was chosen for TP 2 as it allows the cadets to interact with their peers and share their knowledge, experiences, opinions, and feelings about the history of their cadet corps.

7. **References:** Nil.8. **Training Aids:**

- a. Presentation aids (Presentation aids (eg, whiteboards / flipcharts / OHP / multimedia projector) appropriate for classroom / training area, and
- b. Materials required for preparation of learning stations.

9. **Learning Aids:**

- a. Learning stations, and
- b. Flipchart paper and markers.

10. **Test Details:** Nil.

11. **Remarks:**

- a. Information used by the instructor for the learning stations will depend on materials available at each unit.
- b. There is no Instructional Guide associated with this lesson.