

**SECTION 11****PO 311 – PARTICIPATE IN A RECREATIONAL SUMMER BIATHLON ACTIVITY**

1. **Performance.** Participate in a Recreational Summer Biathlon Activity.
2. **Conditions**
  - a. Given:
    - (1) Cadet air rifle,
    - (2) Safety glasses/goggles,
    - (3) Shooting mat,
    - (4) Air rifle pellets,
    - (5) Container to hold pellets,
    - (6) Biathlon air rifle target (BART),
    - (7) Supervision, and
    - (8) Assistance as required.
  - b. Denied: N/A.
  - c. Environmental:
    - (1) Air rifle range constructed IAW A-CR-CCP-177/PT-001, Part 1, Section 8, and
    - (2) Running route of approximately 1000 m.
3. **Standard.** The cadet will participate in a recreational summer biathlon activity by:
  - a. running a route of approximately 1000 m;
  - b. firing five to eight rounds in an effort to knock down all five targets of the BART;
  - c. running a second route of approximately 1000 m;
  - d. firing five to eight rounds in an effort to knock down all five targets of the BART;
  - e. running a third route of approximately 1000 m; and
  - f. finishing the race.
4. **Remarks**
  - a. The cadet must have completed PO 111 (Participate in a Summer Biathlon Activity) and PO 211 (Participate in Competitive Summer Biathlon Activities, A-CR-CCP-602/PG-001, Chapter 4, Section 9) prior to participating in this PO.
  - b. Assistance may be given to cadets who have difficulty pumping the cadet air rifle.
5. **Complementary Material**
  - a. Complementary training offered in previous phases may be selected as complementary training in Phase Three, specifically:
    - (1) PO 211 (Participate in Competitive Summer Biathlon Activities, A-CR-CCP-602/PG-001, Chapter 4, Section 9), and

(2) PO 111 (Participate in a Summer Biathlon Activity).

- b. PO 311 (Participate in a Recreational Summer Biathlon Activity) is a complementary package designed to provide an opportunity for the cadet to participate in recreational summer biathlon activities.
- c. POs 311, 211 and 111 are limited to a total of nine periods per training year.

## EO C311.01 – PRACTICE AIMING AND FIRING THE CADET AIR RIFLE FOLLOWING PHYSICAL ACTIVITY

1. **Performance.** Practice Aiming and Firing the Cadet Air Rifle Following Physical Activity.
2. **Conditions**
  - a. Given:
    - (1) Cadet air rifle,
    - (2) Safety glasses/goggles,
    - (3) Shooting mat,
    - (4) Biathlon air rifle target (BART),
    - (5) Supervision, and
    - (6) Assistance as required.
  - b. Denied: N/A.
  - c. Environmental:
    - (1) Air rifle range constructed IAW A-CR-CCP-177/PT-001, Part 1, Section 8, and
    - (2) Sports field, gymnasium, or training area large enough to accommodate the entire group.
3. **Standard.** The cadet shall aim and fire the cadet air rifle following physical activity practicing:
  - a. breathing techniques, and
  - b. natural alignment.
4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	IAW EO C206.02 (Practice Aiming Techniques, A-CR-CCP-602/PG-001, Chapter 4, Section 6), review: <ol style="list-style-type: none"> <li>a. the importance of controlled breathing in marksmanship, and</li> <li>b. how to achieve a controlled breathing sequence.</li> </ol>	Interactive Lecture	5 min	A0-027 (p. 2-12)

TP	Description	Method	Time	Ref
TP2	IAW EO C206.03 (Practice Firing Techniques, A-CR-CCP-602/PG-001, Chapter 4, Section 6), review natural sight alignment by: <ul style="list-style-type: none"> <li>a. adopting a comfortable prone position;</li> <li>b. acquiring a sight picture;</li> <li>c. closing both eyes;</li> <li>d. taking several normal breaths to relax the muscles;</li> <li>e. looking through sights when comfortable;</li> <li>f. adjusting body position until a proper sight picture is achieved; and</li> <li>g. proceeding to fire.</li> </ul>	Interactive Lecture	5 min	A0-027 (p. 1-5-7)
TP3	Conduct a warm-up session, composed of light cardiovascular exercises, meant to: <ul style="list-style-type: none"> <li>a. stretch the muscles;</li> <li>b. gradually increase respiratory action and heart rate;</li> <li>c. expand the muscles' capillaries to accommodate the increase in blood circulation; and</li> <li>d. raise muscle temperature to facilitate reactions in muscle tissue.</li> </ul>	Practical Activity	5 min	C0-002 (pp. 109–113) C0-089
TP4	Conduct an activity where cadets will aim and fire the cadet air rifle following physical activity practicing: <ul style="list-style-type: none"> <li>a. breathing techniques, and</li> <li>b. natural alignment.</li> </ul>	Practical Activity	60 min	C0-149
TP5	Conduct a cool-down session, composed of light cardiovascular exercises, meant to: <ul style="list-style-type: none"> <li>a. allow the body to slowly recover from physical activity and help to prevent injury;</li> <li>b. prepare the respiratory and cardiovascular systems to return to their normal state; and</li> <li>c. stretch the muscles.</li> </ul>	Practical Activity	5 min	C0-002 (pp. 109–113) C0-089

## 5. Time

- |                             |        |
|-----------------------------|--------|
| a. Introduction/Conclusion: | 10 min |
| b. Interactive Lecture:     | 10 min |
| c. Practical Activity:      | 70 min |
| d. Total:                   | 90 min |

**6. Substantiation**

- a. An interactive lecture was chosen for TPs 1 and 2 to review aiming and firing techniques.
- b. A practical activity was chosen for TPs 3 to 5 as it is an interactive way to allow the cadets to experience aiming and firing the cadet air rifle following physical activity.

**7. References**

- a. A0-027 A-CR-CCP-177/PT-001 Director Cadets 3. (2001). *Canadian Cadet Movement: Cadet Marksmanship Program Reference Manual*. Ottawa, ON: Department of National Defence.
- b. C0-002 (ISBN 0-88962-630-8) LeBlanc, J., & Dickson, L. (1997). *Straight Talk About Children and Sport: Advice for Parents, Coaches, and Teachers*. Oakville, ON: Mosaic Press.
- c. C0-089 (ISBN 0-936070-22-6) Anderson, B. (2000). *Stretching: 20<sup>th</sup> Anniversary* (Rev. ed.). Bolinas, CA: Shelter Publications, Inc.
- d. C0-149 Biathlon Canada. (2005). *Biathlon Bears: Community Coaching*. Ottawa, ON: Biathlon Canada.

**8. Training Aids.** Presentation aids (eg, whiteboard/flip chart/OHP) appropriate for the classroom/training area.**9. Learning Aids**

- a. Cadet air rifle,
- b. Safety glasses/goggles,
- c. Shooting mat,
- d. Target frame,
- e. BART, and
- f. Coin.

**10. Test Details.** N/A.**11. Remarks.** This lesson shall be taught prior to conducting EO C311.02 (Participate in a Recreational Summer Biathlon Activity).

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**EO C311.02 – PARTICIPATE IN A RECREATIONAL SUMMER BIATHLON ACTIVITY**

1. **Performance.** Participate in a Recreational Summer Biathlon Activity.
2. **Conditions**
  - a. Given:
    - (1) Cadet air rifle,
    - (2) Safety glasses/goggles,
    - (3) Shooting mat,
    - (4) Air rifle pellets,
    - (5) Container to hold pellets,
    - (6) Biathlon air rifle target (BART),
    - (7) Supervision, and
    - (8) Assistance as required.
  - b. Denied: N/A.
  - c. Environmental:
    - (1) Air rifle range constructed IAW A-CR-CCP-177/PT-001, Part 1, Section 8, and
    - (2) Running route of approximately 1000 m.
3. **Standard.** The cadet shall participate in a recreational summer biathlon activity, to include:
  - a. running a route of approximately 1000 m;
  - b. firing five to eight rounds in an effort to knock down all five targets of the BART;
  - c. running a second route of approximately 1000 m;
  - d. firing five to eight rounds in an effort to knock down all five targets of the BART;
  - e. running a third route of approximately 1000 m; and
  - f. finishing the race.
4. **Teaching Points**
  - a. Explain the components of a recreational summer biathlon activity, to include:
    - (1) composition,
    - (2) course layout,
    - (3) rules and regulations,
    - (4) scoring,
    - (5) penalties, and
    - (6) out of bounds areas.
  - b. Conduct a warm-up session composed of light cardiovascular exercises.

- c. Conduct a recreational summer biathlon activity IAW paragraph 3.
- d. Conduct a cool-down session composed of light cardiovascular exercises.

5. **Time**

- a. Introduction/Conclusion: 10 min
- b. Practical Activity: 170 min
- c. Total: 180 min

6. **Substantiation.** A practical activity was chosen for this lesson as it is an interactive way for the cadets to participate in recreational summer biathlon. This activity contributes to the development of biathlon skills and knowledge, and promotes physical fitness in a fun and challenging setting.

7. **References**

- a. A0-027 A-CR-CCP-177/PT-001 Director Cadets 3. (2001). *Cadet Marksmanship Program: Reference Manual*. Ottawa, ON: Department of National Defence.
- b. A0-036 Cadets Canada. (n.d.). *Canadian Cadet Movement: Biathlon Championship Series*. Ottawa, ON: Department of National Defence.
- c. A0-098 Director Cadets 4. (2007). CATO 14-42, *Biathlon Common Program*. Ottawa, ON: Department of National Defence.
- d. C0-002 (ISBN 0-88962-630-8) LeBlanc, J., & Dickson, L. (1997). *Straight Talk About Children and Sport: Advice for Parents, Coaches, and Teachers*. Oakville, ON: Mosaic Press.
- e. C0-089 (ISBN 0-936070-22-6) Anderson, B. (2000). *Stretching: 20<sup>th</sup> Anniversary* (Rev. ed.). Bolinas, CA: Shelter Publications, Inc.

8. **Training Aids**

- a. Cadet air rifle,
- b. Safety glasses/goggles,
- c. Shooting mat,
- d. Biathlon scoresheets,
- e. Course control sheets,
- f. Range recording sheets,
- g. Air rifle pellets,
- h. Container to hold pellets,
- i. BART,
- j. Notice board, and
- k. Stopwatches.

9. **Learning Aids**

- a. Cadet air rifle,
- b. Cadet air rifle slings,

- c. Safety glasses/goggles,
  - d. Shooting mat,
  - e. Air rifle pellets,
  - f. Container to hold pellets, and
  - g. BART.
10. **Test Details.** N/A.
11. **Remarks.** EO C311.01 (Practice Aiming and Firing the Cadet Air Rifle Following Physical Activity) shall be taught prior to conducting this activity.