

**SECTION 7****PO X05 – 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 will participate in physical activities, such as:
  - a. cardiovascular activities, such as:
    - (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, such as:
    - (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, such as:

- (1) stretching,
- (2) tai chi, and
- (3) yoga;

d. recreational team sports, such as:

- (1) baseball,
- (2) basketball,
- (3) floor hockey,
- (4) football (flag or touch),
- (5) lacrosse,
- (6) ringette,
- (7) soccer,
- (8) soccer baseball,
- (9) ultimate Frisbee, and
- (10) volleyball; and

e. other physical activities, such as:

- (1) active games, such as:
  - (a) active video games,
  - (b) battleship, and
  - (c) tag;
- (2) circuit training,
- (3) martial arts, and
- (4) tabloids.

**4. Remarks:**

- a. The aim of this PO 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.
- b. 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.
- c. Choose activities based on human and material resources accessible to the corps.
- d. Fitness videos (conducted by a certified trainer), certified trainers and Canadian Forces Personnel Support Programs (PSP) staff may be used to conduct this training.
- e. Activities chosen for this training are not limited to the list presented above but must be age appropriate, safe, and in-line with the aim of promoting physical fitness.

5. **Complementary Material:** Complementary material associated with this PO is designed to enhance the cadet's knowledge of personal fitness and healthy living through a number of activities:
  - a. EO CX05.01 (Participate in Physical Activities), and
  - b. EO CX05.02 (Participate in a Tournament).

THIS PAGE INTENTIONALLY LEFT BLANK

**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

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:**

- a. About Ultimate. (2006). *About ultimate*. Retrieved October 30, 2006, from <http://www.upa.org/ultimate>
- b. Alberta Centre for Active Living. (2007). *What should parents know about strength training for youth ages 12 to 17?* Retrieved October 4, 2011 from <http://www.centre4activeliving.ca/our-work/faq/strength-train.pdf>
- c. Anderson, B. (2000). *Stretching: 20th anniversary* (Rev. ed.). ISBN 0-936070-22-6. Bolinas, CA: Shelter Publications, Inc
- d. Bagshaw, C. (Ed.). (2006). *The ultimate hiking skills manual*. ISBN 978-0-7153-2254-3. Cincinnati, OH: David & Charles
- e. Berger, K. (2005). *Backpacking & hiking*. ISBN 0-7566-0946-1. New York, NY: DK Publishing, Inc
- f. Body Bar. (2010). *Programs & education*. Retrieved October 5, 2011, from <http://www.bodybar.com/Programs-Education>
- g. Canadian Orienteering Federation (1983). A-CR-CCP-151/PT-001 *Orienteering Level 1 Coaching Certification*. National Coaching Certification Program, Canadian Orienteering Federation.
- h. Canadian Orienteering Federation (1985). *Orienteering Level Two Coaching Certification*.
- i. Chapman, J.R. Major, M.B.E. (1968). A-CR-CCP-150/PT-001 *Orienteering: an Aid to Training*. London, England: Hillside Printing & Publishing Co.
- j. Corbin, C., & Lindsey, R. (2007). *Fitness for life: Updated fifth edition*. ISBN 978-0-7360-6675-4. Windsor, ON: Human Kinetics
- k. Curtis, R. (2005). *The backpacker's field manual: A comprehensive guide to mastering backcountry skills*. ISBN 1-4000-5309-9. New York, NY: Three Rivers Press
- l. Director Cadets 3. (2006). A-CR-CCP-951/PT-002. *Royal Canadian Army Cadets adventure training safety standards*. Ottawa, ON: Department of National Defence.
- m. Faigenbaum, A. Ed. & Micheli, L. (1998). *Youth strength training*. Retrieved October 4, 2011, from [http://www.acsm.org/AM/Template.cfm?Section=Current\\_Comments1&Template=/CM/ContentDisplay.cfm&ContentID=8657](http://www.acsm.org/AM/Template.cfm?Section=Current_Comments1&Template=/CM/ContentDisplay.cfm&ContentID=8657)
- n. Graydon, D., & Hanson, K. (Eds.). (2001). *Mountaineering: The freedom of the hills* (6th ed.). ISBN 0-89886-427-5 Seattle, WA: The Mountaineers
- o. Hanlon, T. (1998). *The sports rules book: Essential rules for 54 sports*. ISBN 0-88011-807-5. USA: Human Kinetics Publishers, Inc.
- p. International Orienteering Federation (2006). Retrieved 20 April 2006, from <http://www.orienteeing.org/footo/pictsymb.htm>.
- q. Kjellstrom, B. (1994). *Be Expert With Map & Compass: The Complete Orienteering Handbook*. ISBN 0-02-029265-1. New York: Hungry Minds, Inc.
- r. LeBlanc, J., & Dickson, L. (1997). *Straight talk about children and sport: Advice for parents, coaches, and teachers*. ISBN 0-88962-630-8. Oakville, ON: Mosaic Press.

- s. Livestrong.com. (2011). *Beginner's Pilates exercises*. Retrieved October 4, 2011, from <http://www.livestrong.com/article/452265-beginner-pilates-exercises/>
  - t. Lose the Back Pain (2006). Retrieved April 25, 2006, from [www.losethebackpain.com](http://www.losethebackpain.com)
  - u. Men's Health. (2011). *The 5-minute six-pack abs*. Retrieved October 5, 2011, from <http://www.menshealth.com.sg/fitness/5-minute-six-pack-abs>
  - v. Norris, G. (Ed.). (1998). *National Football Federation: Touch football rule book 2004*. Ottawa, ON: National Football Federation
  - w. Panicucci, J. (2008). *Achieving Fitness: An Adventure Activity Guide*. ISBN 0-934387-29-X. Beverly, MA: Project Adventure, Inc
  - x. Popovic, Srdjan. (2011). *10 Skipping Rope Exercises for a Better Body*. Retrieved October 6, 2011, from <http://www.bloomtofit.com/10-skipping-rope-exercises-for-a-better-body>
  - y. Ringette Canada. (2006). *How ringette is played*. Retrieved October 30, 2006, from <http://www.ringette.ca/e/about/played.htm>
  - z. Roadcycling (2006). Retrieved April 25, 2006, from [www.roadcycling.com/artman/upload/stretch2.jpg](http://www.roadcycling.com/artman/upload/stretch2.jpg)
  - aa. Shelter Online (2006). Retrieved April 25, 2006, from [www.shelterpub.com/\\_fitness/online\\_stretches.gif](http://www.shelterpub.com/_fitness/online_stretches.gif)
  - ab. Spine Universe. Retrieved April 25, 2006, from [www.spineuniverse.com](http://www.spineuniverse.com)
  - ac. Sports fitness advisor. (n.d.). *Medicine ball exercises*. Retrieved October 5, 2011, from <http://www.sport-fitness-advisor.com/medicine-ball-exercises.html>
  - ad. Stott, W. (1987). *Armchair Orienteering II: A Practical Guide to Route Planning*. Winnipeg: Manitoba Orienteering Association.
  - ae. What is Ultimate Frisbee? (2006). *What is ultimate – the game*. Retrieved October 30, 2006, from [http://www.whatisultimate.com/what/what\\_game\\_en.html](http://www.whatisultimate.com/what/what_game_en.html)
  - af. Waehner, P. (n.d.). *Resistance band workout for beginners*. Retrieved October 5, 2011 from <http://exercise.about.com/library/bltotalresistancebeginners.htm>
  - ag. Walkablock Club of America (2005). Retrieved April 25, 2006, from [www.walkablock.com/stretch2.gif](http://www.walkablock.com/stretch2.gif)
  - ah. Women's Heart Foundation (1999-2000). Retrieved April 25, 2006, from [www.womensheart.org/content/Exercise/stretching\\_exercise.asp](http://www.womensheart.org/content/Exercise/stretching_exercise.asp)
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.

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,

- (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.

THIS PAGE INTENTIONALLY LEFT BLANK

**EO CX05.01 – PARTICIPATE IN PHYSICAL ACTIVITIES**

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

An additional three sessions (9 periods) of EO MX05.01 (Participate in Physical Activities) may be scheduled as complementary training.

THIS PAGE INTENTIONALLY LEFT BLANK

**EO CX05.02 – PARTICIPATE IN A TOURNAMENT**

1. **Performance:** Participate in a Tournament
2. **Conditions:**
  - a. Given:
    - (1) Sports equipment,
    - (2) Safety equipment,
    - (3) Supervision, and
    - (4) 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 rules of the tournament;
  - b. participate in a warm-up;
  - c. participate in a tournament; and
  - d. participate in a cool-down.
4. **Teaching Points:**
  - a. Have the cadets participate in an introductory briefing, to include:
    - (1) an overview of the sport(s) that will be played during the tournament,
    - (2) type of tournament,
    - (3) rules of the tournament,
    - (4) organization of the draw, and
    - (5) location of first aid post.
  - b. Have the cadets participate in a warm-up session, composed of light cardiovascular exercises and stretches.
  - c. Have the cadets participate in a tournament.
  - d. 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

6. **Substantiation:** A practical activity was chosen for this lesson as it allows the cadets to participate in a tournament in a safe and controlled environment.
7. **References:**
  - a. Directorate of Physical Education, Recreation and Amenities. (1989). A-PD-050-015/PT-002. *Physical fitness training in the Canadian Forces* (Vol. 2). Ottawa, ON: Department of National Defence
  - b. San Diego County Office of Education. *After school physical activity: Types of tournaments*. Retrieved October 3, 2008, from <http://www.afterschoolpa.com/print/typesoftournaments.html>TBD
8. **Training Aids:**
  - a. Sports / safety equipment for the selected sport,
  - b. First aid kit,
  - c. Whistles, and
  - d. Stopwatch.
9. **Learning Aids:** Sports / safety equipment for the selected sport.
10. **Test Details:** Nil.
11. **Remarks:** Examples of sports that may be selected for this lesson include:
  - a. baseball,
  - b. basketball,
  - c. floor hockey,
  - d. football (flag or touch),
  - e. lacrosse,
  - f. ringette,
  - g. soccer,
  - h. soccer baseball,
  - i. ultimate Frisbee, and
  - j. volleyball.