

**OTS 209 NAVY LEAGUE CADET TRAINING PROGRAM  
LESSON PLAN**

**Objectives, Contents, and Assessments**

**2 periods**

**Introduction**

OTS 209 is designed to assist officers in understanding the Navy League Cadet Training Program. During the periods, time will be allowed for group discussions to allow candidates to share “best practices”.

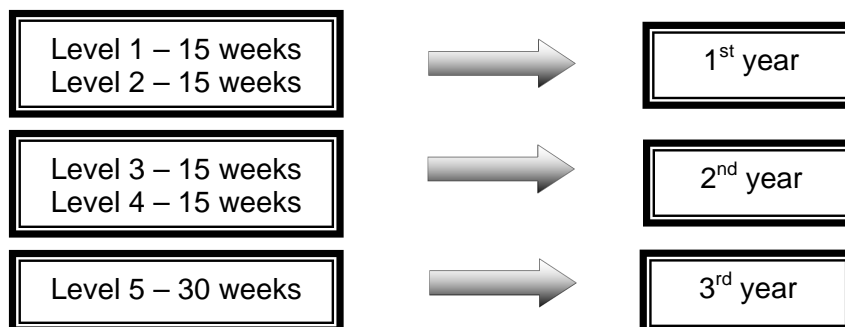
**Objectives of the NL Cadet Training Program**

The following objectives are based on the values supported by the Navy League Movement. The aim of the program is to help 10 – 12 year-old NL Cadets acquire new skills and develop character and self-confidence.

1. To develop in NL Cadets a sense of loyalty and commitment to Canada and to their community
2. To develop in NL Cadets a sense of commitment to their Corps and of loyalty and respect for their officers and instructors
3. To help NL Cadets learn self-discipline and self-respect
4. To help NL Cadets develop good physical and mental fitness
5. To instil in NL Cadets a sense of initiative and self-reliance
6. To develop teamwork among cadets and encourage them to help others
7. To encourage NL Cadets to learn about the sea and ships
8. To give NL Cadets first aid training
9. To create a healthy environment where NL cadets can have fun
10. To inform NL Cadets about the Cadet movement

**General**

The Navy League program consists of three consecutive years of training. One year of training is equal to 30 weeks of training. The training is broken into 5 levels as follows:



## **Cadet Training Subjects (CTS)**

There are 13 training subjects presented to cadets during their 3 years in NL Cadets. Cadets do not get exposure to all subjects each year, while others are present in all 3 years. Subject exposure is based on the age and experience of cadets, and the level of topic comprehension.

### **CTS 01 Corps Organization and Ship's Routine**

The aim of this subject is to familiarize new cadets with basic organizational knowledge in order to ease them into the system.

➤ *lessons: ranks, divisional system, duties and privileges, etc.*

### **CTS 02 Wearing and Maintenance of Uniform**

The aim of this subject is to teach cadets the proper method of wearing and maintaining the uniform.

➤ *lessons: uniform parts and maintenance*

### **CTS 03 Navy League Movement**

The aim of this subject is to inform cadets of the history and objectives of the Navy League.

### **CTS 04 Drill**

The aim of this subject is for the cadets to learn the minimum number of movements to perform in a parade with a march past.

➤ *lessons: basic drill at the halt, drill on the march, drill command, etc.*

### **CTS 05 Canadian Citizenship**

The aim of this subject is to instill national, community, and corps pride in the cadets, and to allow them the opportunity to perform volunteer acts within the community.

➤ *lessons: Canadian heritage, social issues, community involvement*

### **CTS 06 Seamanship**

The aim of this subject is to teach cadets the seamanship skills necessary for sailing, and to introduce them to fancy Ropework.

➤ *lessons: knots and hitches, fancy ropework, etc.*

### **CTS 07 Naval Knowledge**

The aim of this subject is to teach cadets about a wide range of significant naval topics.

➤ *lessons: terminology, watches and bells, boatswain's call, etc.*

### **CTS 08 Boatwork**

The aim of this subject is to enhance the cadets interest in boating and to teach basic skills.

➤ *lessons: man overboard, onboard emergencies, navigation aids, etc.*

### **CTS 09 First Aid**

The aim of this subject is to introduce cadets to First Aid and to foster an interest in further developing FA skills.

➤ *lessons: shock and fainting, burns, choking, etc.*

### **CTS 10 Leadership**

The aim of this subject is to teach cadets basic leadership theory and to provide them with leadership experience.

➤ *lessons: principles of leadership, characteristics of a leader, etc.*

### **CTS 11 Orienteering**

The aim of this subject is to teach cadets how to read a map and determine a position using information on a map.

➤ *lessons: map reading, introduction to orienteering, etc.*

### **CTS 12 Introduction to Cadets**

The aim of this subject is to introduce cadets to the three elements of the Canadian Cadet Movement

### **CTS 13 Recreation and Sports**

The aim of this subject is to further develop skills taught in mandatory subjects through fun activities and friendly competition, as well as to encourage personal fitness.

#### **Discussion**

Have the candidates review the training subjects and determine which of the objectives are accomplished through each one.

## **Testing**

Promotions shall be awarded based on the successful completion of a set of tasks. Each CTS provides information regarding the expectations cadets must meet to be promoted.

- ***“What should the cadet be able to perform at the end of the period?”***  
In general terms, this is the task or tasks that a cadet would reasonably be expected perform (with practice). It does not imply that they will have the ability to perform those tasks immediately after the period is complete. Stating these expectations at the beginning of the lesson will help cadets understand why they are learning the material and the goals that they should take away from the lesson.
- ***“How should the cadets be tested?”***  
Usually, this block will state what the cadet is required to do for promotion. There are different types of requirements. On most occasions, cadets will be expected to properly perform a task or combination of tasks. Some lessons require only an active participation in an activity. These expectations are also stated in general terms. Assessment forms will be included in the Lesson Material section for each CTS. These forms will provide the instructor with the detailed information required in order to properly assess a cadet.

As most of the assessments are based on performing a physical task, the instructor will judge the cadet on whether or not the task is complete. Factors involved in the decision will be included on the assessment form. The assessment will normally result in a grade of “Complete” or “Incomplete”.

**Activity**

Separate the candidates into groups and assign them different subjects from the Cadet Training Standards. Have the groups develop some creative and dynamic methods for assessing cadets. If time permits, a representative should present their ideas with the candidates.

**Conclusion**

All officers should have a good grasp of the program, including:

- a) the objectives
- b) the Cadet Training Standards and how each relates to the objectives; and
- c) testing the cadets.

In future training sessions, candidates will delve into each subject and learn more about what is involved in each lesson.

These seminars are important so that officer can come together and share “best practices” which will benefit officers and cadets when it comes to instruction.

YEAR	RANK	TRAINING SUBJECT	ASSESSMENT
	New Entry (NE)	N/A	<ul style="list-style-type: none"> <li>Enrol in the Navy League Cadet Program</li> </ul>
	Ordinary Cadets (OC)	<b>CTS 01</b> Corps Organization and Ship's Routine	<ul style="list-style-type: none"> <li>identify officer names, ranks, and positions</li> <li>follow nightly routine</li> <li>practice the duties and privileges of others</li> </ul>
		<b>CTS 02</b> Wearing and Maintenance of Uniform	<ul style="list-style-type: none"> <li>properly wear and maintain the uniform</li> </ul>
		<b>CTS 04</b> Drill	<ul style="list-style-type: none"> <li>participate in the ceremonies of Colours and Sunset</li> <li>execute the following movements in accordance with routine parades: <ul style="list-style-type: none"> <li>a) the position of attention</li> <li>b) attention to stand at ease</li> <li>c) stand at ease to stand easy</li> <li>d) stand at ease to attention</li> <li>e) the right dress</li> <li>f) eyes front</li> <li>g) open order march</li> <li>h) close order march</li> <li>i) left / right turn at the halt</li> <li>j) about turn at the halt</li> <li>k) salute to the front</li> <li>l) remove / replace headdress</li> <li>m) the dismiss</li> </ul> </li> </ul>
	Able Cadet (AC)	<b>CTS 04</b> Drill	<ul style="list-style-type: none"> <li>execute the following movements in accordance with routine parades: <ul style="list-style-type: none"> <li>a) march in quick time</li> <li>b) halt from quick time</li> <li>c) mark time from quick time</li> <li>d) forward from mark time</li> <li>e) wheeling at the quick march</li> <li>f) left / right turn on the march</li> <li>g) the salute on the march</li> <li>h) eyes right</li> </ul> </li> </ul>
		<b>CTS 05</b> Canadian Citizenship	<ul style="list-style-type: none"> <li>participate in citizenship activities</li> </ul>
		<b>CTS 06</b> Seamanship	<ul style="list-style-type: none"> <li>tie the following knots and hitches: <ul style="list-style-type: none"> <li>a) overhand</li> <li>b) reef knot</li> <li>c) figure-of-eight knot</li> <li>d) bowline</li> <li>e) round turn and two half hitches</li> <li>f) secure a line to a cleat</li> </ul> </li> </ul>
		<b>CTS 07</b> Naval Knowledge	<ul style="list-style-type: none"> <li>use naval terminology</li> <li>convert times between 12 and 24-hour clock</li> <li>create a duty watch list</li> <li>locate parts of a ship</li> </ul>

YEAR	RANK	TRAINING SUBJECT	ASSESSMENT
	Leading Cadet (LC)	<b>CTS 05</b> Canadian Citizenship	<ul style="list-style-type: none"> <li>participate in citizenship activities</li> </ul>
		<b>CTS 06</b> Seamanship	<ul style="list-style-type: none"> <li>tie a monkey's fist</li> <li>construct a chain sennit</li> <li>tie a square plait</li> </ul>
		<b>CTS 08</b> Boatwork	<ul style="list-style-type: none"> <li>wear PFD and identify contents of an emergency kit</li> <li>recognize symptoms of hypothermia</li> <li>carry out a "Man Overboard" procedure</li> <li>equip a pleasure craft</li> </ul>
	Petty Officer Second Class (PO2)	<b>CTS 08</b> Boatwork	<ul style="list-style-type: none"> <li>fill out a pre-departure check list</li> <li>react to an emergency situation</li> <li>recognize basic "Rules of the Road" situations</li> <li>recognize symbols on a chart</li> </ul>
		<b>CTS 09</b> First Aid	<ul style="list-style-type: none"> <li>apply the Priority Action Approach</li> <li>perform treatment for shock</li> <li>perform treatment for bleeding</li> <li>perform treatment for burns</li> <li>perform treatment for choking</li> <li>perform first aid for breathing emergencies</li> </ul>
	Petty Officer First Class (PO1)	<b>CTS 04</b> Drill	<ul style="list-style-type: none"> <li>lead a division through a march past</li> </ul>
		<b>CTS 07</b> Naval Knowledge	<ul style="list-style-type: none"> <li>perform pipes on the boatswain's call</li> <li>use appropriate flags under different circumstances</li> </ul>
	Chief Petty Officer Second Class (CPO2)	<b>CTS 10</b> Leadership	<ul style="list-style-type: none"> <li>demonstrate the proper use of leadership styles</li> <li>demonstrate the use of different leadership principles</li> <li>demonstrate desirable characteristics while in a leadership position</li> <li>set an example while in a leadership position</li> </ul>
	Chief Petty Officer First Class (CPO1)	<b>CTS 11</b> Orienteering	<ul style="list-style-type: none"> <li>locate objects on a map</li> <li>determine points on a map by grid reference</li> <li>determine distances and heights on a map</li> <li>participate in an orienteering exercise</li> </ul>
<p><b>NOTES:</b></p> <p>All promotions in 1<sup>st</sup> and 2<sup>nd</sup> year coincide with the completion of the tasks listed above. All promotion during the third year are based on performance during assessments, leadership experience, participation, and availability of positions.</p>			