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ANNEX A

GREEN STAR QUALIFICATION TRAINING SUMMARY AND TIME ALLOCATION

PERIOD ALLOCATION

PO	Performance Objective	EO	Enabling Objective	No. of Pd
100	Participate in Positive Social Relations for Youth Training	N/A	Sub-Module 1 — What We Expect From You as a Cadet	2
		N/A	Sub-Module 2 — What Can Happen When Behaviours Exceed or Do Not Meet Expectations	1
		N/A	Sub-Module 3 — What Harassment, Criminal Offences and Child Abuse Are and Where You Can Go for Help	1
		N/A	Sub-Module 4 — What Conflict Is and How You Can Deal With It	2
X01	Participate in Citizenship Activities	MX01.01A	Participate in a Citizenship Tour	-
		MX01.01B	Attend a Presentation by a Community Organization	-
		MX01.01C	Attend a Presentation by a Citizen-of-Interest	-
		MX01.01D	Participate in the Canadian Citizenship Challenge	-
		MX01.01E	Host a Citizenship Ceremony	-
		MX01.01F	Participate in an Election	-
		MX01.01G	Participate in Heritage Minutes Video Activities	-
		MX01.01H	Participate in Citizenship Learning Stations	-
		CX01.01	Participate in Citizenship Activities	18
			PO X01 - Total Complementary	18
X02	Perform Community Service	MX02.01	Perform Community Service	9
		CX02.01	Perform Community Service	18
			PO X02 - Total Complementary	18
103	Participate as a Member of a Team	M103.01	Identify the Responsibilities of a Follower in a Team	1
		M103.02	Map Personal Goals for the Training Year	1
		M103.03	Participate in Team-Building Activities	2
		C103.01	Participate in Icebreaker Activities	1
		C103.02	Participate in Self-Introductions	1
		C103.03	Participate in Teambuilding Activities	1
			PO 103 - Total Complementary	3
X04	Track Participation in Physical Activities	MX04.01	Participate in 60 Minutes of Moderate- to Vigorous-Intensity Physical Activity (MVPA) and Track Participation in Physical Activities	3
		MX04.02	Identify Strategies to Improve Participation in Physical Activities and Participate in the Cadet Fitness Assessment (CFA)	3

PO	Performance Objective	EO	Enabling Objective	No. of Pd
		MX04.03	Participate in the CFA and Identify Strategies for Improving Personal Physical Fitness	3
		CX04.01	Participate in the CFA and Identify Strategies for Improving Personal Physical Fitness	3
		CX04.02	Participate in Activities that Reinforce the Three Components of Physical Fitness	3
		CX04.03	Participate in a Cooking Class	3
		CX04.04	Attend a Personal Fitness and Healthy Living Presentation	3
		CX04.05	Attend a Local Amateur Sporting Event	3
		PO X04 - Total Mandatory		9
		PO X04 - Total Complementary		15
X05	Participate in Physical Activities	MX05.01	Participate in Physical Activities	9
		CX05.01	Participate in Physical Activities	9
		CX05.02	Participate in a Tournament	9
		PO X05 - Total Mandatory		9
		PO X05 - Total Complementary		18
106	Fire the Cadet Air Rifle	M106.01	Identify the Parts and Characteristics of the Daisy 853C Air Rifle	1
		M106.02	Carry out Safety Precautions on the Cadet Air Rifle	1
		M106.03	Apply Basic Marksmanship Techniques	2
		M106.04	Follow Rules and Commands on an Air Rifle Range	1
		M106.05	Participate in Marksmanship Familiarization Using the Cadet Air Rifle	3
		C106.01	Participate in a Recreational Marksmanship Activity	3
		C106.02	Clean and Store the Cadet Air Rifle	1
		PO 106 - Total Mandatory		8
		PO 106 - Total Complementary		4
107	Serve in an Army Cadet Corps	M107.01	Participate in a Discussion on Green Star Training	1
		M107.02	Identify Army Cadet Ranks and Officer Ranks	1
		M107.03	Observe Rules and Procedures for the Paying of Compliments	1
		M107.04	State the Aims and Motto of the Army Cadet Program	1
		M107.05	Wear the Army Cadet Uniform	2
		M107.06	Participate in a Discussion on Year One Summer Training Opportunities	1
		C107.01	Maintain the Army Cadet Uniform	3
		C107.02	Participate in a Tour of the Cadet Corps	1
		C107.03	Participate in an Activity on the History of the Cadet Corps	2
		C107.04	Establish a Full Value Contract	1
		PO 107 - Total Mandatory		7
		PO 107 - Total Complementary		7

PO	Performance Objective	EO	Enabling Objective	No. of Pd
108	Perform Drill Movements During an Annual Ceremonial Review	M108.01	Adopt the Positions of Attention, Stand at Ease, and Stand Easy	1
		M108.02	Execute a Salute at the Halt Without Arms	1
		M108.03	Execute Turns at the Halt	1
		M108.04	Close to the Right and Left	1
		M108.05	Execute Paces Forward and to the Rear	1
		M108.06	Execute the Movements Required for a Right Dress	1
		M108.07	Execute an Open Order and Close Order March	1
		M108.08	March and Halt in Quick Time	1
		M108.09	Execute Marking Time, Forward, and Halting in Quick Time	1
		M108.10	Execute a Salute on the March	1
		M108.11	Pay Compliments with a Squad on the March	1
		M108.12	Perform Drill Movements During Annual Ceremonial Review	3
		C108.01	Execute Supplementary Drill Movements	6
		C108.02	Participate in a Drill Competition	3
			PO 108 - Total Mandatory	14
			PO 108 - Total Complementary	9
111	Participate in Recreational Summer Biathlon Activities	C111.01	Participate in a Biathlon Briefing	1
		C111.02	Run Wind Sprints	1
		C111.03	Simulate Firing the Cadet Air Rifle Following Physical Activity	1
		C111.04	Participate in a Recreational Summer Biathlon Activity	6
X20	Participate in Canadian Armed Forces (CAF) Familiarization Activities	MX20.01A	Participate in a CAF Activity	-
		MX20.01B	Participate in a CAF Familiarization Tour	-
		MX20.01C	Fire the C7 Rifle	-
		MX20.01D	Participate in a Mess Dinner	-
		MX20.01E	Attend a CAF Presentation	-
		MX20.01F	Attend a CAF Commemorative Ceremony	-
		MX20.01G	Participate in CAF Video Activities	-
		MX20.01H	Participate in CAF Learning Stations	-
		CX20.01	Participate in CAF Familiarization Activities	18
			PO X20 - Total Complementary	18
121	Participate as a Member of a Team During an Overnight Bivouac Field Training Exercise (FTX)	M121.01	Select Personal Equipment	2
		M121.02	Transport Personal Equipment	2
		M121.03	Tie Knots and Lashings	3
		M121.04	Assemble a Survival Kit	1
		M121.05	Recognize Environmental Hazards	1
		M121.06	Identify Environmental Injuries	1
		M121.07	Erect a Group Tent	2
		M121.08	Apply "Leave No Trace" Camping	1
		M121.09	Follow Camp Routine	2
		C121.01	Construct Field Amenities	4

PO	Performance Objective	EO	Enabling Objective	No. of Pd
		C121.02	Participate in a Discussion on Cold Climate Exposure	1
		C121.03	Select Cold Weather Clothing	1
		C121.04	Recognize the Effects of Cold Weather	2
		C121.05	Participate in Cold Weather Training	18
		PO 121 - Total Mandatory		15
		PO 121 - Total Complementary		26
122	Identify Location Using a Map	M122.01	Identify Types of Maps	1
		M122.02	Identify Marginal Information and Conventional Signs	2
		M122.03	Interpret Contour Lines	1
		M122.04	Orient a Map by Inspection	1
		M122.05	Determine a Grid Reference	2
		M122.CA	Follow a Route Led by a Section Commander	9
		C122.01	Practise Navigation as a Member of a Team	4x3
		PO 122 - Total Mandatory		16
		PO 122 - Total Complementary		12
123	Participate in a Day Hike	M123.01	Select Hiking Clothing and Equipment	1
		M123.02	Participate in a Day Hike	9
		C123.01	Participate in Adventure Training	18
		C123.02	Explain Snowshoe March Discipline	1
		C123.03	Participate in a Snowshoeing Hike	9
		PO 123 - Total Mandatory		10
		PO 123 - Total Mandatory Field		28
N/A	Participate in the Annual Ceremonial Review (ACR)			3

ANNEX A

RED STAR TRAINING SUMMARY AND TIME ALLOCATION

PERIOD ALLOCATION

PO	Performance Objective	EO	Enabling Objective	No. of Pd		
X01	Participate in Citizenship Activities	MX01.01A	Participate in a Citizenship Tour	-		
		MX01.01B	Attend a Presentation by a Community Organization	-		
		MX01.01C	Attend a Presentation by a Citizen-of-Interest	-		
		MX01.01D	Participate in the Canadian Citizenship Challenge	-		
		MX01.01E	Host a Citizenship Ceremony	-		
		MX01.01F	Participate in an Election	-		
		MX01.01G	Participate in Heritage Minutes Video Activities	-		
		MX01.01H	Participate in Citizenship Learning Stations	-		
		CX01.01	Participate in Citizenship Activities	18		
					PO X01 – Total Mandatory	3
			PO X01 – Total Complementary	18		
X02	Perform Community Service	MX02.01	Perform Community Service	9		
		CX02.01	Perform Community Service	18		
					PO X02 – Total Mandatory	9
					PO X02 – Total Complementary	18
203	Demonstrate Leadership Attributes Within a Peer Setting	M203.01	Discuss Leadership Within a Peer Setting	1		
		M203.02	Discuss the Principles of Leadership	1		
		M203.03	Discuss Effective Communication in a Peer Setting	1		
		M203.04	Demonstrate Positive Group Dynamics	2		
		M203.05	Discuss Influence Behaviours	1		
		M203.06	Employ Problem Solving	2		
		M203.07	Discuss Personal Integrity as a Quality of Leadership	1		
		M203.08	Participate in Team-Building Activities	1		
		C203.01	Record Entries in a Reflective Journal	3		
		C203.02	Employ Problem Solving	2		
		C203.03	Discuss Characteristics of a Leader	2		
		C203.04	Participate in a Presentation Given by a Leader	2		
		C203.05	Participate in Trust-Building Activities	1		
		C203.06	Participate in Problem-Solving Activities	2		
			PO 203 – Total Mandatory	10		
			PO 203 – Total Complementary	12		

PO	Performance Objective	EO	Enabling Objective	No. of Pd	
X04	Track Participation in Physical Activities	MX04.01	Participate in 60 Minutes of Moderate-to Vigorous-Intensity Physical Activity (MVPA) and Track Participation in Physical Activities	3	
		MX04.02	Identify Strategies to Improve Participation in Physical Activities and Participate in the Cadet Fitness Assessment (CFA)	3	
		MX04.03	Participate in the CFA and Identify Strategies for Improving Personal Physical Fitness	3	
		CX04.01	Participate in the CFA and Identify Strategies for Improving Personal Physical Fitness	3	
		CX04.02	Participate in Activities that Reinforce the Three Components of Physical Fitness	3	
		CX04.03	Participate in a Cooking Class	3	
		CX04.04	Attend a Personal Fitness and Healthy Living Presentation	3	
		CX04.05	Attend a Local Amateur Sporting Event	3	
		PO X04 – Total Mandatory			9
		PO X04 – Total Complementary			15
X05	Participate in Physical Activities	MX05.01	Participate in Physical Activities	9	
		CX05.01	Participate in Physical Activities	9	
		CX05.02	Participate in a Tournament	9	
		PO X05 – Total Mandatory			9
PO X05 – Total Complementary			18		
206	Fire the Cadet Air Rifle During Recreational Marksmanship	M206.01	Participate in a Recreational Marksmanship Activity	3	
		C206.01	Practice Holding Techniques	1	
		C206.02	Practice Aiming Techniques	2	
		C206.03	Practice Firing Techniques	1	
		C106.01	Participate in Recreational Air Rifle Marksmanship	6	
		PO 206 – Total Mandatory			3
PO 206 – Total Complementary			10		
207	Serve in an Army Cadet Corps	M207.01	Identify Red Star Training Opportunities	1	
		M207.02	Recognize the History of the Royal Canadian Army Cadets (RCAC)	1	
		M207.03	Recognize the Role and Responsibilities of the Local Sponsor	1	
		M207.04	Identify Year Two CSTC Training Opportunities	1	
		C207.01	Identify the Rank Structure of the Royal Canadian Sea and Air Cadets	1	

PO	Performance Objective	EO	Enabling Objective	No. of Pd
		C207.02	Visit a Local Cadet Corps or Squadron	3
		C107.03	Participate in an Activity on the History of the Cadet Corps	2
		PO 207 – Total Mandatory		4
		PO 207 – Total Complementary		6
208	Execute Drill as a Member of a Squad	M208.01	Execute Left and Right Turns on the March	2
		M208.02	Form Single File From the Halt	1
		C208.01	Practice Ceremonial Drill as a Review	2
		C208.02	Execute Drill With Arms	8
		C108.01	Execute Supplementary Drill Movements	6
		PO 208 – Total Mandatory		3
		PO 208 – Total Complementary		16
211	Participate in Recreational Summer Biathlon Activities	C211.01	Identify Civilian Biathlon Opportunities	1
		C211.02	Run on Alternate Terrain	1
		C211.03	Fire the Cadet Air Rifle using a Sling Following Physical Activity	1
		C211.04	Participate in a Competitive Summer Biathlon Activity	6
		PO 211 – Total Complementary		9
X20	Participate in Canadian Armed Forces (CAF) Familiarization Activities	MX20.01A	Participate in a CAF Activity	-
		MX20.01B	Participate in a CAF Familiarization Tour	-
		MX20.01C	Fire the C7 Rifle	-
		MX20.01D	Participate in a Mess Dinner	-
		MX20.01E	Attend a CAF Presentation	-
		MX20.01F	Attend a CAF Commemorative Ceremony	-
		MX20.01G	Participate in CAF Video Activities	-
		MX20.01H	Participate in CAF Learning Stations	-
		CX20.01	Participate in CAF Familiarization Activities	18
		PO X20 – Total Mandatory		6
		PO X20 – Total Complementary		18
221	Perform the Duties of a Team Member During an Overnight Field Training Exercise	M221.01	Perform the Duties of a Section Member in the Field	1
		M221.02	Identify Section Equipment	2
		M221.03	Identify Provincial/Territorial Wildlife	2
		M221.04	Perform Basic First Aid	1
		M221.05	Tie Knots	3
		M221.06	Construct a Hoochie Shelter	3
		M221.07	Use Section Equipment	2
		M221.08	Prepare an Individual Meal Package (IMP)	1

PO	Performance Objective	EO	Enabling Objective	No. of Pd
		M221.09	Maintain Section Equipment Following a Field Training Exercise (FTX)	2
		C221.01	Participate in a Discussion on Canada's Wilderness Conservation Efforts	2
		C221.02	Construct Field Amenities	6
		C221.03	Identify Species of Trees	2
		C121.02	Participate in a Discussion on Cold Climate Exposure	1
		C121.03	Select Cold Weather Clothing	1
		C121.04	Recognize the Effects of Cold Weather	2
		C121.05	Participate in Cold Weather Training	18
			PO 221 – Total Complementary	32
222	Navigate Along a Route Using a Map and Compass	M222.01	Review Green Star Navigation	2
		M222.02	Describe Bearings	2
		M222.03	Identify Compass Parts	1
		M222.04	Determine Distance Along a Route	3
		M222.05	Orient a Map Using a Compass	1
		M222.06	Follow a Magnetic Bearing Point to Point	2
		C222.01	Practice Navigation Using a Map and Compass	9
			PO 222 – Total Complementary	9
223	Hike Along a Route as Part of an Overnight Exercise	M223.01	Prepare for Trekking	2
		M223.02	Identify Hiking/Trekking Associations	1
		M223.03	Participate in a Discussion on Crossing Obstacles While Trekking	2
		C123.01	Participate in Adventure Training	18
		C123.02	Adhere to Snowshoe March Discipline	1
		C123.03	Participate in Snowshoeing	9
			PO 223 – Total Complementary	28
224	Identify Immediate Actions to Take When Lost	M224.01	Describe Immediate Actions to Take When Lost	2
		M224.02	Identify the Seven Enemies of Survival	1
		M224.03	Predict Weather Using Cloud Formations	1
		M224.04	Identify Emergency Shelters	2
		M224.05	Prepare, Light, Maintain, and Extinguish a Fire	3
		M224.06	Identify Methods of Signalling	2
		C224.01	Cook in the Field	2

PO	Performance Objective	EO	Enabling Objective	No. of Pd
		C224.02	Prepare a Signal Fire	2
		PO 224 – Total Mandatory		11
		PO 224 – Total Complementary		4
N/A	Participate in the Annual Ceremonial Review (ACR)			3

SILVER STAR TRAINING SUMMARY AND TIME ALLOCATION

PERIOD ALLOCATION

PO No.	Performance Objective	EO No.	Enabling Objective	No. of Pd
X01	Participate in Citizenship Activities	MX01.01A	Participate in a Citizenship Tour	-
		MX01.01B	Attend a Presentation by a Community Organization	-
		MX01.01C	Attend a Presentation by a Citizen-of-Interest	-
		MX01.01D	Participate in the Canadian Citizenship Challenge	-
		MX01.01E	Host a Citizenship Ceremony	-
		MX01.01F	Participate in an Election	-
		MX01.01G	Participate in Heritage Minutes Video Activities	-
		MX01.01H	Participate in Citizenship Learning Stations	-
		CX01.01	Participate in Citizenship Activities	18
			PO X01 - Total Complementary	18
X02	Perform Community Service	MX02.01	Perform Community Service	9
		CX02.01	Perform Community Service	18
			PO X02 - Total Complementary	
303	Perform the Role of a Team Leader	M303.01	Define the Role of a Team Leader	2
		M303.02	Participate in a Mentoring Relationship	1
		M303.03	Practice Self-Assessment	1
		M303.04	Communicate as a Team Leader	2
		M303.05	Supervise Cadets	2
		M303.06	Solve Problems	2
		M303.07	Lead Cadets Through a Leadership Assignment	2
		303 PC		0
		C303.01	Lead Team-Building Activities	3

PO No.	Performance Objective	EO No.	Enabling Objective	No. of Pd		
		C303.02	Deliver a Presentation About a Leader	2		
		C203.01	Record Entries in a Reflective Journal	3		
		C203.02	Employ Problem Solving	2		
		C203.04	Participate in a Presentation Given by a Leader	2		
		C203.05	Participate in Trust-Building Activities	1		
		C203.06	Participate in Problem-Solving Activities	2		
		C103.03	Participate in Teambuilding Activities	1		
					PO 303 - Total Mandatory	12
			PO 303 - Total Complementary	16		
X04	Track Participation in Physical Activities	MX04.01	Participate in 60 Minutes of Moderate- to Vigorous-Intensity Physical Activity (MVPA) and Track Participation in Physical Activities	3		
		MX04.02	Identify Strategies to Improve Participation in Physical Activities and Participate in the Cadet Fitness Assessment (CFA)	3		
		MX04.03	Participate in the CFA and Identify Strategies for Improving Personal Physical Fitness	3		
		CX04.01	Participate in the CFA and Identify Strategies for Improving Personal Physical Fitness	3		
		CX04.02	Participate in Activities that Reinforce the Three Components of Physical Fitness	3		
		CX04.03	Participate in a Cooking Class	3		
		CX04.04	Attend a Personal Fitness and Healthy Living Presentation	3		
		CX04.05	Attend a Local Amateur Sporting Event	3		
					PO X04 - Total Mandatory	9
			PO X04 - Total Complementary	15		
X05	Participate in Physical Activities	MX05.01	Participate in Physical Activities	9		
		CX05.01	Participate in Physical Activities	9		
		CX05.02	Participate in a Tournament	9		
					PO X05 - Total Mandatory	9
					PO X05 - Total Complementary	18

PO No.	Performance Objective	EO No.	Enabling Objective	No. of Pd
306	Fire the Cadet Air Rifle During Recreational Marksmanship	M306.01	Participate in a Recreational Marksmanship Activity	3
		C306.01	Identify Civilian Marksmanship Organizations	1
		C306.02	Correct Marksmanship Error	2
		C306.03	Fire the Cadet Air Rifle from the Standing Position	2
		C206.01	Practice Holding Techniques	1
		C206.02	Practice Aiming Techniques	2
		C206.03	Practice Firing Techniques	1
		C106.01	Participate in a Recreational Marksmanship Activity	6
			PO 306 - Total Complementary	15
307	Serve in an Army Cadet Corps	M307.01	Identify Silver Star Training Opportunities	1
		M307.02	Identify Year Three CSTC Training Opportunities	1
		M307.03	Recognize the Partnership Between the Army Cadet League of Canada and the Department of National Defence	1
		C307.01	Participate in a Presentation Given by a Guest Speaker From the RCSU	2
		C307.02	Participate in a Presentation Given by the Cadet Liaison Officer	2
		C307.03	Participate in a Presentation Given by a Guest Speaker from the Army Cadet League of Canada	2
			PO 307 - Total Complementary	6
308	Direct a Squad Prior to a Parade	M308.01	Prepare a Squad for Parade	3
		M308.02	Deliver Words of Command	1
		308 PC		0
		C308.01	Execute Flag Party Drill	4
		C308.02	Deliver Words of Command	2

PO No.	Performance Objective	EO No.	Enabling Objective	No. of Pd	
		C208.01	Practice Ceremonial Drill as a Review	2	
		C208.02	Execute Drill with Arms	8	
		PO 308 - Total Mandatory			4
		PO 308 - Total Complementary			16
309	Instruct a Lesson	M309.01	Explain Principles of Instruction	2	
		M309.02	Identify Methods of Instruction	2	
		M309.03	Describe Effective Speaking Techniques	1	
		M309.04	Describe Questioning Techniques	1	
		M309.05	Select Appropriate Instructional Aids	2	
		M309.06	Plan a Lesson	2	
		M309.07	Instruct a 15-Minute Lesson	3	
		309 PC		0	
		C309.01	Deliver a One-Minute Verbal Presentation	2	
		C309.02	Plan a Lesson	2	
		C309.03	Instruct a 15-Minute Lesson	3	
		C309.04	Identify Formations for Drill Instruction	1	
		C309.05	Plan a Drill Lesson	2	
		C309.06	Instruct a 15-Minute Drill Lesson	3	
		PO 309 – Total Mandatory			13
PO 309 – Total Complementary			13		
311	Participate in a Recreational Summer Biathlon Activity	C311.01	Practice Aiming and Firing the Cadet Air Rifle Following Physical Activity	3	
		C311.02	Participate in a Recreational Summer Biathlon Activity	6	
		C211.01	Identify Civilian Biathlon Opportunities	1	
		C211.02	Run on Alternate Terrain	1	
		C211.03	Fire the Cadet Air Rifle Using a Sling Following Physical Activity	1	
		C211.04	Participate in a Competitive Summer Biathlon Activity	6	
		C111.01	Participate in a Biathlon Briefing	1	

PO No.	Performance Objective	EO No.	Enabling Objective	No. of Pd	
		C111.02	Run Wind Sprints	1	
		C111.03	Fire the Cadet Air Rifle Following Physical Activity	1	
		C111.04	Participate in a Recreational Summer Biathlon Activity	6	
		PO 311 – Total Mandatory			0
		PO 311 – Total Complementary			27
X20	Participate in Canadian Armed Forces (CAF) Familiarization Activities	MX20.01A	Participate in a CAF Activity	-	
		MX20.01B	Participate in a CAF Familiarization Tour	-	
		MX20.01C	Fire the C7 Rifle	-	
		MX20.01D	Participate in a Mess Dinner	-	
		MX20.01E	Attend a CAF Presentation	-	
		MX20.01F	Attend a CAF Commemorative Ceremony	-	
		MX20.01G	Participate in CAF Video Activities	-	
		MX20.01H	Participate in CAF Learning Stations	-	
		CX20.01	Participate in CAF Familiarization Activities	18	
		PO X20 - Total Mandatory			6
PO X20 - Total Complementary			18		
321	Perform the Duties of a Team Leader on an Overnight Bivouac Exercise	M321.01	Perform the Duties of a Team Leader in the Field	1	
		M321.02	Construct Components of a Bivouac Site	3	
		C321.01	Identify Methods of Waste Disposal in the Field	1	
		C321.02	Identify Safety Considerations When Travelling Over Snow and Ice	2	
		C321.03	Construct Field Amenities	6	
		C121.02	Participate in a Discussion on Cold Climate Exposure	1	
		C121.03	Select Cold Weather Clothing	1	
		C121.04	Recognize the Effects of Cold Weather	2	
		C121.05	Participate in Cold Weather Training	18	
		PO 321 - Total Mandatory			4

PO No.	Performance Objective	EO No.	Enabling Objective	No. of Pd
		PO 321 - Total Complementary		31
322	Plot Location on a Topographical Map Using a Global Positioning System Receiver	M322.01	Review Red Star Navigation	1
		M322.02	Calculate Magnetic Declination	2
		M322.03	Identify Components of a Global Positioning System	1
		M322.04	Identify Features of a Global Positioning System Receiver	1
		M322.05	Set a Map Datum on a Global Positioning System Receiver	2
		M322.06	Identify Location Using a Global Positioning System Receiver	4
		322 EC-01		0
		322 PC		0
		C322.01	Practice Navigation as a Member of a Small Group	9
		C322.02	Identify Factors That Impact Navigation in the Winter	4
		C322.03	Identify the Principles of Map-Making	1
		C322.04	Draw a Map of an Area in the Local Training Facility	1
				PO 322 - Total Mandatory
		PO 322- Total Complementary		15
323	Trekking	C123.01	Participate in Adventure Training	18
		C123.02	Adhere to March Discipline	1
		C123.03	Participate in Snowshoeing	9
		PO 323 – Total Complementary		28
324	Survive When Lost	M324.01	Construct an Improvised Shelter	3
		M324.02	Collect Drinking Water	1
		M324.03	Light a Fire Without Matches	4
		M324.04	Predict Weather	1
		M324.05	Determine When to Self-Rescue	1
		324 EC-01/324 EC-02/324 EC-03/324 EC-04		0

PO No.	Performance Objective	EO No.	Enabling Objective	No. of Pd
		C324.01	Identify Animal and Insect Food Sources	2
		C324.02	Construct Snares	4
		C324.03	Catch a Fish	3
		C324.04	Collect Edible Plants	4
		C324.05	Prepare a Meal from Field Food Sources	3
		C224.01	Cook in the Field	2
		C224.02	Prepare a Signal Fire	2
		PO 324 - Total Mandatory		
PO 324 - Total Complementary			20	
325	Identify the Competencies of Outdoor Leaders	M325.01	Participate in a Discussion on Army Cadet Expedition Training	1
		M325.02	List the Competencies of an Outdoor Leader	2
		M325.03	Discuss Self-Awareness and Professional Conduct as a Competency of an Outdoor Leader	1
		C325.01	Communicate During an Expedition	6
		C325.02	Participate in a Presentation on the Duke of Edinburgh Award Program	1
		PO 325 - Total Mandatory		
PO 325 - Total Complementary			7	
326	Perform Expedition Skills (Note 1)	M326.01	Prepare for Expedition Training	1
		M326.02a	Paddle a Canoe (Note 2)	5.5
		M326.02b	Ride a Mountain Bike (Note 2)	5.5
		M326.02c	Hike Along a Route (Note 2)	5.5
		M326.03	Practice Environmental Stewardship as a Team Leader	1
		M326.04	Navigate Along a Route Using a Map and Compass	2
		M326.05	Use Expedition Equipment	2
		M326.06	Follow Daily Routine	1
		M326.07	Record Entries in a Journal	1
		326 PC		

PO No.	Performance Objective	EO No.	Enabling Objective	No. of Pd
			PO 326 - Total Mandatory	19
N/A	Participate in the Annual Ceremonial Review (ACR)			3

Note:

1. EOs M326.02 to M326.07 (Chapter 4, Section 18) and 326 PC (Chapter 3, [Annex B, Appendix 8](#)) are to be conducted at an expedition centre during the allocated expedition exercise. The period count for these EOs is an estimate that conforms to the standard eighteen periods allocated to a training weekend. Each expedition centre may adjust this allocation to reflect the choice of activities, facilities and available resources at the expedition centre.
2. Two activities shall be selected from the three listed as M326.02 (Chapter 4, Section 18).

ANNEX A

GOLD STAR TRAINING SUMMARY AND TIME ALLOCATION

PERIOD ALLOCATION

PO	Performance Objective	EO No.	Enabling Objective	No. of Pd	
400	Participate in <i>Positive Social Relations for Youth Training</i>	N/A	Sub-Module 1—Your Responsibility as a Leader to Influence Positive Social Relations	2	
		N/A	Sub-Module 2—What Complaints and Consent Are and How to Practice Risk Reduction	2	
		N/A	Sub-Module 3—Your Responsibility as a Leader to Help Manage Conflict	2	
		PO 400 - Total Mandatory			6
		PO 400 - Total Complementary			0
X01	Participate in Citizenship Activities	MX01.01A	Participate in a Citizenship Tour	-	
		MX01.01B	Attend a Presentation by a Community Organization	-	
		MX01.01C	Attend a Presentation by a Citizen-of-Interest	-	
		MX01.01D	Participate in the Canadian Citizenship Challenge	-	
		MX01.01E	Host a Citizenship Ceremony	-	
		MX01.01F	Participate in an Election	-	
		MX01.01G	Participate in Heritage Minutes Video Activities	-	
		MX01.01H	Participate in Citizenship Learning Stations	-	
		CX01.01	Participate in Citizenship Activities	18	
		PO X01 - Total Mandatory			3
PO X01 - Total Complementary			18		
X02	Perform Community Service	MX02.01	Perform Community Service	9	
		CX02.01	Perform Community Service	18	
		PO 403 - Total Mandatory			9
		PO X02 - Total Complementary			18
403	Act as a Team Leader	M403.01	Describe Needs and Expectations of Team Members	1	
		M403.02	Select a Leadership Approach	2	
		M403.03	Motivate Team Members	2	
		M403.04	Provide Feedback to Team Members	2	
		M403.05	Participate in a Mentoring Relationship	2	
		M403.06	Act as a Team Leader During a Leadership Appointment	1	
		403 PC		0	
		C403.01	Participate in a Leadership Seminar	4 x 3	
		C303.01	Lead a Team-Building Activity	3	

PO	Performance Objective	EO No.	Enabling Objective	No. of Pd
		C303.02	Deliver a Presentation About a Leader	2
		PO 403 - Total Mandatory		10
		PO 403 - Total Complementary		17
X04	Track Participation in Physical Activities	MX04.01	Participate in 60 Minutes of Moderate-to Vigorous-Intensity Physical Activity (MVPA) and Track Participation in Physical Activities	3
		MX04.02	Identify Strategies to Improve Participation in Physical Activities and Participate in the Cadet Fitness Assessment (CFA)	3
		MX04.03	Participate in the CFA and Identify Strategies for Improving Personal Physical Fitness	3
		CX04.01	Participate in the CFA and Identify Strategies for Improving Personal Physical Fitness	3
		CX04.02	Participate in Activities that Reinforce the Three Components of Physical Fitness	3
		CX04.03	Participate in a Cooking Class	3
		CX04.04	Attend a Personal Fitness and Healthy Living Presentation	3
		CX04.05	Attend a Local Amateur Sporting Event	3
		PO X04 - Total Mandatory		9
		PO X04 - Total Complementary		15
X05	Participate in Physical Activities	MX05.01	Participate in Physical Activities	9
		CX05.01	Participate in Physical Activities	9
		CX05.02	Participate in a Tournament	9
		PO X05 - Total Mandatory		9
		PO X05 - Total Complementary		18
406	Fire the Cadet Air Rifle During Recreational Marksmanship	M406.01	Participate in a Recreational Marksmanship Activity	3
		C406.01	Assist the Range Safety Officer (RSO)	1
		C406.02	Score Air Rifle Marksmanship Targets	1
		C306.01	Identify Civilian Marksmanship Organizations	1
		C306.02	Correct Marksmanship Error	2
		C306.03	Adopt the Standing Position With the Cadet Air Rifle	2
		C106.01	Participate in a Recreational Marksmanship Activity	6
		PO 406 - Total Mandatory		3
		PO 406 - Total Complementary (Max 10 Pd allowed)		13
407	Serve in an Army Cadet Corps	M407.01	Identify Gold Star Training Opportunities	1
		M407.02	Identify Year Four CSTC Training Opportunities	1
		M407.03	Identify the Structure of a Cadet Corps	2

PO	Performance Objective	EO No.	Enabling Objective	No. of Pd
		C407.01	Prepare for a Merit Review Board	3
		C307.01	Participate in a Presentation Given by a Guest Speaker From the Regional Cadet Support Unit	2
		C307.02	Participate in a Presentation Given by the Cadet Liaison Officer	2
		C307.03	Participate in a Presentation Given by a Guest Speaker from the Army Cadet League of Canada	2
			PO 407 - Total Mandatory	4
			PO 407 - Total Complementary	9
408	Command a Platoon on Parade	M408.01	Discuss Commanding a Platoon on Parade	1
		M408.02	Identify Parade Sequence	1
		M408.03	Command a Squad	1
		M408.04	Inspect a Cadet on Parade	2
		408 PC		0
		C408.01	Discuss the History of Drill	1
		C408.02	View a Re-Enactment That Demonstrates the Historical Use of Drill	3
		C308.01	Execute Flag Party Drill	6
		C308.02	Deliver Words of Command	2
		C208.01	Practice Ceremonial Drill as a Review	2
		C208.02	Execute Drill With Arms	8
			PO 408 - Total Mandatory	5
			PO 408 - Total Complementary	22
409	Instruct a Lesson	M409.01	Identify Methods of Instruction	2
		M409.02	Identify Elements of a Positive Learning Environment	2
		M409.03	Describe Learner Needs	2
		M409.04	Explain Assessment	1
		M409.05	Instruct a 30-Minute Lesson	3
		409 PC		0
		C409.01	Plan a Lesson	2
		C409.02	Instruct a 30-Minute Lesson	3
		C409.03	Act as an Assistant Instructor	3
		C409.04	Participate in a Creative Lesson-Planning Workshop	3
		C409.05	Act as an Assistant Drill Instructor	3
		C409.06	Instruct a 30-Minute Drill Lesson	3
		C309.04	Identify Formations for Drill Instruction	1
		C309.05	Plan a Drill Lesson	2
		C309.06	Instruct a 15-Minute Drill Lesson	3
			PO 409 - Total Mandatory	10
			PO 409 - Total Complementary	23

PO	Performance Objective	EO No.	Enabling Objective	No. of Pd
311	Participate in a Recreational Summer Biathlon Activity	C311.01	Practice Aiming and Firing the Cadet Air Rifle Following Physical Activity	3
		C311.02	Participate in a Recreational Summer Biathlon Activity	6
		C211.01	Identify Civilian Biathlon Opportunities	1
		C211.02	Run on Alternate Terrain	1
		C211.03	Fire the Cadet Air Rifle Using a Sling Following Physical Activity	1
		C211.04	Participate in a Competitive Summer Biathlon Activity	6
		C111.01	Participate in a Biathlon Briefing	1
		C111.02	Run Wind Sprints	1
		C111.03	Fire the Cadet Air Rifle Following Physical Activity	1
		C111.04	Participate in a Recreational Summer Biathlon Activity	6
			PO 311 - Total Complementary	27
X20	Participate in Canadian Armed Forces (CAF) Familiarization Activities	MX20.01A	Participate in a CAF Activity	-
		MX20.01B	Participate in a CAF Familiarization Tour	-
		MX20.01C	Fire the C7 Rifle	-
		MX20.01D	Participate in a Mess Dinner	-
		MX20.01E	Attend a CAF Presentation	-
		MX20.01F	Attend a CAF Commemorative Ceremony	-
		MX20.01G	Participate in CAF Video Activities	-
		MX20.01H	Participate in CAF Learning Stations	-
		CX20.01	Participate in CAF Familiarization Activities	18
			PO X20 - Total Complementary	18
121	Field Training	C121.02	Participate in a Discussion on Cold Climate Exposure	1
		C121.03	Select Cold Weather Clothing	1
		C121.04	Recognize the Effects of Cold Weather	2
		C121.05	Participate in Cold Weather Training	18
422	Follow a Multi-Leg Route Using a Global Positioning System (GPS) Receiver	M422.01	Review Silver Star Navigation	2
		M422.02	Set a Multi-Leg Route Using a GPS Receiver	4
		M422.03	Follow a Multi-Leg Route Using a GPS Receiver	3
		422 PC		2
		C422.01	Locate a Geocache	1
		C422.02	Create a Geocache	1
		C422.03	Discuss Map Software	1

PO	Performance Objective	EO No.	Enabling Objective	No. of Pd
		C422.04	Measure a Grid Bearing With a Protractor	3
		C422.05	Determine Location Using Resection	2
		C422.06	Practice Navigation as a Member of a Small Group	9
		C322.02	Identify Factors That Impact Navigation in the Winter	4
			PO 422- Total Mandatory	11
			PO 422 - Total Complementary	21
123	Trekking (Complementary Only)	C123.01	Participate in Adventure Training	18
		C123.02	Adhere to March Discipline	1
		C123.03	Participate in Snowshoeing	9
			PO 423 – Total Complementary	28
424	Employ Natural Resources in a Survival Situation	M424.01	Sharpen a Survival Knife	2
		M424.02	Employ the Improvising Process	1
		M424.03	Weave Cordage	3
		424 PC		0
		C424.01	Whittle Wood	3
		C424.02	Boil Water Using Heated Rocks	2
		C424.03	Employ Cattails	2
		C424.04	Prepare Remedies for Common Ailments Using Medicinal Plants	2
		C324.01	Identify Animal and Insect Food Sources	2
		C324.02	Construct Snares	4
		C324.03	Catch a Fish	3
		C324.04	Collect Edible Plants	4
		C324.05	Prepare a Meal from Field Food Sources	3
			PO 424 - Total Mandatory	6
			PO 424 - Total Complementary	25
425	Develop an Expedition Plan	M425.01	Establish Expedition Parameters	1
		M425.02	Plan an Expedition Route	3
		M425.03	Develop an Expedition Equipment List	2
		M425.04	Develop an Expedition Ration Plan	2
		C425.01	Discuss Actions Taken When a Person is Lost	2
		C425.02	Analyze Problems Using an Expedition Case Study	9
		C325.01	Communicate During an Expedition	4
		C325.02	Participate in a Presentation on the Duke of Edinburgh Award Program	1
			PO 425 - Total Mandatory	8
			PO 425 - Total Complementary	16
426	Perform Expedition Skills (Note 1)	M426.01	Prepare for Expedition Training	1
		M426.02a	Paddle a Canoe (Note 2)	9
		M426.02b	Ride a Mountain Bike (Note 2)	9

PO	Performance Objective	EO No.	Enabling Objective	No. of Pd
		M426.02c	Hike Along a Route (Note 2)	9
		M426.02d	Snowshoe Along a Route (Note 2)	9
		M426.02e	Ski Along a Route (Note 2)	9
		426 PC		0
		PO 426 - Total Mandatory		1
		PO 426 - Total Mandatory		18
N/A	Participate in the Annual Ceremonial Review (ACR)			3

Note 1: EOs M426.02 and 426 PC are to be conducted at an expedition centre during the allocated expedition exercise. The period count for these EOs is an estimate that conforms to the standard eighteen periods allocated to a training weekend. Each expedition centre may adjust this allocation to reflect the choice of activities, facilities and available resources at the expedition centre.

Note 2: Two activities shall be selected from the five listed as EO M426.02.

ANNEX A

MASTER CADET TRAINING SUMMARY AND TIME ALLOCATION

PERIOD ALLOCATION

PO	Performance Objective	EO No.	Enabling Objective	No. of Pd	
501	Reflect Upon What it Means to be a Good Citizen	C501.01	Reflect Upon What it Means to be a Good Canadian Citizen	3	
		C501.02	Reflect Upon Individual Global Citizenship	3	
		C501.03	Analyze a Global Issue	3	
		PO 501 – Total Mandatory			0
		PO 501 – Total Complementary			9
502	Perform Community Service	M502.01	Perform 45 Hours of Individual Community Service	3	
		502 PC		0	
		PO 502 – Total Mandatory			3
		PO 502 – Total Complementary			0
503	Lead Cadet Activities	M503.01	Create a Proposal	1	
		M503.02	Prepare an Exercise	3	
		M503.03	Conduct an Exercise	1	
		M503.04	Conclude an Exercise	1	
		503 PC		0	
		C503.01	Examine Meeting Procedures	3	
		PO 503 – Total Mandatory			6
PO 503 – Total Complementary			3		
504	Track Participation in Physical Activities	M504.01	Participate in the Cadet Fitness Assessment and Identify Strategies for Improving Personal Physical Fitness	6	
		504 PC		0	
		C504.01	Reflect Upon Personal Fitness and Healthy Living	3	
		PO 504 – Total Mandatory			6
PO 504 – Total Complementary			3		
507	Serve in an Army Cadet Corps	M507.01	Develop a Personalized Schedule	3	
		C507.01	Identify Service Opportunities for a Cadet Instructors Cadre (CIC) Officer	3	
		C507.02	Identify Volunteer Opportunities With the Army Cadet League of Canada (ACLC)	3	
		C507.03	Reflect Upon the Cadet Experience	3	
		PO 507 – Total Mandatory			3
PO 507 – Total Complementary			9		
509	Instruct Cadets	509 PC		0	
		C509.01	Monitor Instruction	3	
		PO 509 – Total Mandatory			0
PO 509 – Total Complementary			3		

PO	Performance Objective	EO No.	Enabling Objective	No. of Pd	
513	Attend Workshops	513 PC		0	
		PO 513 – Total			N/A*
514	Pursue Individual Learning	514 PC		0	
		PO 514 – Total Mandatory			N/A*
521	Investigate Human Impact on Ecosystems	C521.01	Recognize the Impacts of Human Activity on Ecosystems	3	
		PO 521 – Total Mandatory			0
		PO 521 – Total Complementary			3
522	Analyze Map Topography	C522.01	Analyze Map Topography	3	
		PO 522 – Total Mandatory			0
		PO 522 – Total Complementary			3
525	Assess Risk	C525.01	Examine Elements of Safety and Risk Management	3	
		C525.02	Recognize Individual Behaviour During an Expedition	3	
		C525.03	Analyze Situations Using Risk Management Strategies	3	
		PO 525 – Total Mandatory			0
		PO 525 – Total Complementary			9
527	Identify Canadian Army and Outdoor Leadership Educational and Career Opportunities	C527.01	Examine Canadian Army and Outdoor Leadership Educational and Career Opportunities	3	
		PO 527 – Total Mandatory			0
		PO 527 – Total Complementary			3
		Annual Ceremonial Review		3	
		Mandatory Training Days / Weekend Activities		N/A**	
		Complementary Training Day / Weekend Activities		N/A**	
		Total Mandatory			21
		Total Complementary			45
		Total OJT			98***

*Normal period allocation does not apply. Time requirements are based on activities selected.

**Normal period allocation does not apply. Cadets may attend some or all activities as part of their OJT.

***Reflects remaining period allocation from 30 sessions and 10 days construct. Does not reflect OJT that takes place during optional training or RDA / NDA activities.