

2021

# NL Cadet Training Standards

NL 420



**Basic lesson plans which are enclosed within this document are not complete. The complete plans are located in Google Classroom and on the National Web Site under Navy League Cadets.**

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# **Navy League Cadet Training Standards Development Program**

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# **Cadet Training Standards**

# Introduction

## **Navy League Cadet Mission Statement**

1. The objects of Navy League Cadets are to give young girls and boys mental, moral and physical training and develop patriotism, good citizenship, a sense of duty, discipline, self-respect, and respect for others, in a nautical environment suited for young people.

## **Objectives of Navy League Cadets**

2. The following list of objectives are based on the Mission Statement and outline the goals of the NL Cadet Training Program:

- To instill in Navy League Cadets a sense of loyalty and commitment to Canada and to their community
- To instill in Navy League Cadets a sense of commitment to their Corps and of loyalty and respect for their officers and instructors
- To help Navy League Cadets learn self-discipline and self-respect
- To help Navy League Cadets develop good physical and mental fitness
- To instill in Navy League Cadets a sense of initiative and self-reliance
- To develop teamwork among cadets and encourage them to help others
- To give Navy League Cadets first aid training
- To create a healthy environment where Navy League Cadets can have fun
- To inform Navy League Cadets about the Canadian Cadet Movement

## **Needs Assessment**

3. Prior to the development and distribution of this publication, the NL 7 was the standard by which all NL Cadet Corps conducted training activities. Over time, the inability of the program to meet the requirements of divisions and corps led to a variety of interpretations and an ineffective national standard. The lack of consistency from one division to the next meant that NL Cadets from across the country were trained differently. The NL 7 devolved into a “guide” with no regard to the objectives and ideals on which the program was founded.

4. In 1998, the National Council of the Navy League of Canada approved the development of a new training program for NL Cadets, and was based on the following needs:

- a) a new standard of training for NL Cadets that could be easily implemented by divisions and corps and flexible enough to allow for regional differences;
- b) a NL training program that places a strong emphasis on the Divisional System, stressing teamwork and respect for others;
- c) a NL training program that, although geared towards youth development in the present and in the future, still embraces ideas and traditions from the past;
- d) a NL training program that will stimulate interest in Cadets Canada without “coupling” the material covered in the Sea Cadet training syllabus; and
- e) a “hands-on” program that revolves around challenging and fun activities.

## Format

5. This publication was created with the user in mind. To this extent, much of the military jargon that accompanies training standards has been omitted. What remains on each page is information that directly relates to that lesson.

<b>Lesson Title Block</b> Denotes the subject and specific lesson	<b>LESSON PLAN</b>		<b>Time Block</b> Denotes the time required to teach topic
<b>Teaching Method Block</b> The suggested method of instruction	<b>CTS 01 Corps Organization and Ship’s Routine</b> <b>1.1 – Navy League Cadet and Officer Rank Structure</b>	<b>Duration</b>	
		<b>1 Period (45 Minutes)</b>	
	<b>WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD</b>		<b>Materials Block</b> Denotes the items required to teach the topic
	This is a practical lesson and should be approached using the Demonstration and Practice method.		
	<b>WHAT MATERIAL DO I NEED?</b>		
1. Sufficient rope for each cadet plus the instructor 2. Projector			
<b>INTRODUCTION</b>			
<b>Performance Blocks</b> Lists the what, why and how	<b>What?</b>	Cadets will learn about the purpose of the cadet and officer rank structures, and how to use them during training activities.	
	<b>Why?</b>	This material is important as it allows cadets and officers to interact with one another in a naval environment.	
	<b>Expectations</b>	The cadet will be able to visually identify the rank of all members within the corps.	
	<b>TEACHING POINTS</b>		
		<b>Teaching Points Block</b> Lists the main points to be taught in the lesson. Lesson plans will include more detailed information on each point	
<b>CONCLUSION</b>			
Summarize the main teaching points for the cadets on the ranks.	<b>Conclusion Block</b> Extra information included for the instructor. Tips, tricks, hints and notes are included here.	The cadets are not expected to perform these tasks at the end of the period. Rank identification will come with exposure to the organization on a regular basis.	
<b>TESTING</b>			
Cadets will be expected to perform these tasks before promotion to the next rank.	<b>Testing Block</b> Lists the tasks that must be performed before a cadet can request a promotion	Each cadet will be assigned a trained member of the corps.	

fig. 1-1 Explanation of CTS format

## **Training Summary**

6. The above objectives will be accomplished over 6 instructional levels. Levels 1 to 4 are based on ½ training year of 15 weeks. Level 5 and Level 6 are based on 1 training year of 30 weeks. The following chart outlines the subject breakdown for each training level:

<b>Performance Objective</b>	<b>Level One NE-OC</b>	<b>Level Two OC-AC</b>	<b>Level Three AC-LC</b>	<b>Level Four LC-PO2</b>	<b>Level Five PO2-PO1</b>	<b>Level Six CPO</b>	<b>% of program</b>
CTS 01 Corps Organization and Ship's Routine	6	2					3.33
CTS 02 Wearing & Maintenance of Uniform	3						1.25
CTS 03 Navy League Movement	1						0.42
CTS 04 Drill	5	4	2	2	10	10	13.75
CTS 05 Canadian Citizenship		4	4		8	8	10
CTS 06 Seamanship		3					1.25
CTS 07 Naval Knowledge		3	5	9			7.08
CTS 08 Leadership					12	12	10
CTS 09 Divisional Officer Period / Assessments	4	4	4	4	6	6	11.67
CTS 10 Recreation / Sports	6	6	6	7	6	6	15.4
CTS 11 Optional Training	5	4	9	8	18	11	22.92
CTS 12 Introduction to Cadets						7	2.92
							100%
<b>TOTAL PERIODS</b>	30	30	30	30	60	60	240

**fig. 1-2 Training Subject by level**

7. Each subject has an aim which states, in general terms, what the cadet should take away from training.

- a) **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.
- b) **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.
- c) **CTS 03 Navy League Movement**  
The aim of this subject is to inform cadets of the history and objectives of the Navy League.
- d) **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.
- e) **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.
- f) **CTS 06 Seamanship**  
The aim of this subject is to teach cadets the seamanship skills necessary for sailing, and to introduce them to Rope work.
- g) **CTS 07 Naval Knowledge**  
The aim of this subject is to teach cadets about a wide range of significant naval topics.
- h) **CTS 08 Leadership**  
The aim of this subject is to teach cadets about a wide range of significant naval topics.
- i) **CTS 09 Divisional Officer Periods**  
The aim of this ensure that the cadets are evaluated to ensure their timely advancement and confirm that levels are understood.
- j) **CTS 10 Recreation**  
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.
- k) **CTS 11 Optional Training**  
The aim of this subject is to allow the Commanding Officer to offer optional training to the cadets. The courses taught during this training are not to be used as criteria for promotion.
- l) **CTS 12 Introduction to Cadets**  
The aim of this subject is to introduce cadets to the elements of the Canadian Cadet Movement.



## **Scheduling**

8. Before attempting to administer the training program, it is wise to plan the training year in its entirety. Below are some suggestions to keep in mind as you create your corps calendar:

- a) **Limitations.** The training year consists of 30 weeks of training (between 2 or 3 hours including “Stand Easy”, colours, sunset, etc.), usually beginning in September and running until May. There will be some weeks during this span when you will be unable to schedule a regular training night (i.e. holidays, special parades, In-routine, etc.). It is recommended that the calendar year be planned by cancelling out these nights, and then placing your 30 weeks throughout the remainder of the calendar. It is also suggested that the Commanding Officer be consulted before choosing your weekly parade nights. It is important to include their input, as they may have activities in the planning stages which may influence your schedule.
- b) **Period Length.** The training night consists of two 45 minute periods. Ideally, a 10 or 15 minute stand easy should separate them. It is recommended that one of the periods each night be dedicated to **CTS 10 Recreation/Sports**. These periods are designed to get cadets out of a classroom environment.
- c) **Level 1 Training.** **CTS 01 Corps Organization and Ship’s Routine** should be the first subject that the cadets have exposure to upon joining as a new recruit. Resist the temptation to schedule drill classes immediately upon gaining your new recruits. For some, drill can be difficult to grasp and somewhat intimidating. The first occasion in which proper drill can be expected from 1<sup>st</sup> year cadets is towards the completion of Level 1 training (when they are ready for promotion). **CTS 02 Wearing and Maintenance of Uniform** should not be taught until cadets are issued a uniform and can practice their new-found skills at home.
- d) **Level 2 Training.** At this point, cadets should have a good grasp of standing drill, and will be ready to begin marching drill. It is understood that cadets may have been taught marching drill prior to Level 2 (although it is not recommended) in order to satisfy parade routine requirements. You can be assured that at this point, marching in a division will still require practice and guidance from the instructors.
- e) **Level 3 Training.** When scheduling **CTS 05 Canadian Citizenship**, it is suggested that Level 3 and Level 5 cadets participate in a joint activity. This will allow cadets to complete the necessary requirements for promotion, as well as giving the Level 5 cadets the opportunity to assist in leadership roles for the exercise. **CTS 07 Naval Knowledge (Communications)** should be scheduled for the end of Level 3 training. This will allow cadets to continue into Level 4 with the knowledge fresh in their minds.
- f) **Level 4 Training.** It is best to continue with **CTS 07 Naval Knowledge** at the beginning of Level 4 Training. A quick review of Level 3 teaching points may be all that is required in order to continue with Communications training.
- g) **Level 5 Training.** To benefit from **CTS 08 Leadership**, it is suggested that those periods be scheduled at the beginning of the training year. Since promotions in Level 5 are not based on a timeline, this will give you the best opportunity to assess the cadet’s leadership ability, on which senior appointments should be partially based.

- h) Level 6 Training. To benefit from **CTS 08 Leadership**, it is suggested that those periods be scheduled at the beginning of the training year. Since promotions in Level 5 are not based on a timeline, this will give you the best opportunity to assess the cadets' leadership ability, on which senior appointments should be partially based.

### **CTS 9 Divisional Officer Periods and Assessments**

9. These periods should be used by the Divisional Officer to talk to the cadets to see if they have any problems or concerns. The assessment time is to make up for if a cadet was unable to attend a cadet night and requires the time for assessment.

### **CTS 10 Recreation/Sports**

10. These periods should be used for the following:

- a) to promote physical fitness;
- b) to allow cadets in a division to interact and work as a team;
- c) to allow divisions to engage in friendly competition;
- d) to reinforce training through fun activities.

### **CTS 11 Optional Training**

11. Optional Training has been implemented into this CTS to provide corps with some variety and flexibility. The maximum number of periods that should be allocated to optional training per level is listed in Fig. 1-3. Training officers should ensure that all other training objectives are being met by the cadets before delivering an optional training program.

12. The activities conducted during these periods are at the discretion of the Training Officer, however, the following guidelines should be used when scheduling these periods:

Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
5	4	9	9	18	11

fig. 1-3 CTS 11 Optional Training periods

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

13. Introduction to Cadets has been implemented into this CTS to provide cadets with the opportunity to interact with the three elements of Cadets. The time allotted would allow the cadet to attend a training night with each element. Training officers should ensure that the Cadet Corps are informed of the requirements of having the Navy League Cadet attend their training night. This should be a thorough overview of the Cadet program.

## **Assessment and Promotion of Cadets**

14. 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.

15. 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”.

## **Instructor Preparation**

16. Instructors must be fully prepared to teach a lesson in order for the cadets to benefit from the training. To this end, the new training program has been developed in order to best serve the instructors. Once the entire training program has been developed, each lesson will contain the following:

- CTS – describes what is to be taught and how it is to be delivered (in this package)
- Lesson Plan – a proposed guide for the instruction of the lesson (to be promulgated)
- Lesson Material – additional information and learning material to benefit the instructor and the cadets during the lesson (to be promulgated)

## **Amendments to National Standard**

17. Amendments to this publication are the responsibility of the National Navy League Cadet Portfolio Chair. Suggested amendments shall be forwarded through the division to the National Office of the NLOC.

## Navy League Cadet Training Program

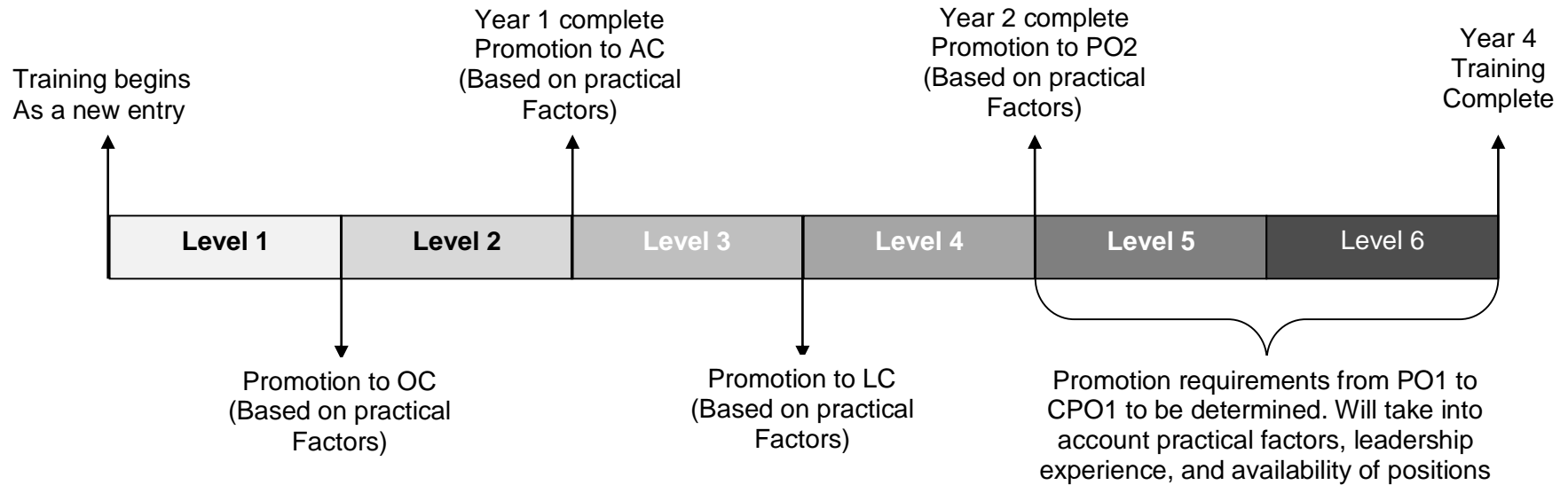


fig. 1-4 Rank Progression Summary

## Methods of Instruction

	Method	How to use it	When to use it
1	Presentation	<ul style="list-style-type: none"> <li>• delivery of material through a variety of methods that caters to as many senses as possible</li> <li>• instructor guides questioning</li> </ul>	<ul style="list-style-type: none"> <li>• When there is a lot of material to cover</li> <li>• When a classroom situation is unavoidable</li> <li>• large class size</li> </ul>
2	Practical Activity	<ul style="list-style-type: none"> <li>• hands on</li> <li>• step-by-step approach</li> <li>• working towards a goal</li> <li>• demonstration followed by participation</li> </ul>	<ul style="list-style-type: none"> <li>• concrete goal (action)</li> <li>• seamanship and drill</li> </ul>
3	Guided Discovery	<ul style="list-style-type: none"> <li>• guided by instructor</li> <li>• stimulate thinking</li> <li>• work together to solve a problem</li> </ul>	<ul style="list-style-type: none"> <li>• when cadets are able to figure out on their own, with some assistance</li> <li>• cadets must have prior knowledge or experience</li> </ul>
4	Discussion	<ul style="list-style-type: none"> <li>• solution to presented problem guided by instructor</li> <li>• ensure everyone participates</li> </ul>	<ul style="list-style-type: none"> <li>• mature cadets</li> <li>• interesting topic</li> <li>• emphasize main teaching points</li> </ul>
5	Problem Solving	<ul style="list-style-type: none"> <li>• no guidance from instructor</li> <li>• solutions in small groups</li> <li>• presentations from each group</li> </ul>	<ul style="list-style-type: none"> <li>• when applying theory to practical situations</li> <li>• mature cadets</li> </ul>
6	Role Playing	<ul style="list-style-type: none"> <li>• cadets assume roles while applying a skill</li> </ul>	<ul style="list-style-type: none"> <li>• to illustrate procedures or interaction</li> <li>• small groups</li> </ul>
7	Guest Speaker	<ul style="list-style-type: none"> <li>• contact speakers and coordinate</li> <li>• introduce speaker appropriately</li> </ul>	<ul style="list-style-type: none"> <li>• when instructor not familiar with lesson</li> <li>• when an expert can add more insight</li> </ul>
8	Game Playing	<ul style="list-style-type: none"> <li>• to review material through friendly competition</li> <li>• ensure everyone participates</li> </ul>	<ul style="list-style-type: none"> <li>• to reinforce or practice skills that have been previously performed</li> <li>• when alternatives to classroom exist</li> </ul>

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## Navy League Cadet Training Program Summary by Training Level

CTS	Subject	Periods
<b>Level 1</b>		
01	Corps Organization and Ship's Routine	6
02	Wearing and Maintenance of Uniform	3
03	Navy League Movement	1
04	Drill	5
09	Divisional Officer Periods / Evaluations	4
10	Recreation / Sports	6
11	Optional Training	5
<b>Sub-Total</b>		<b>30</b>
<b>Level 2</b>		
01	Corps Organization and Ship's Routine	2
04	Drill	4
05	Canadian Citizenship	4
06	Seamanship	3
07	Naval Knowledge	4
09	Divisional Officer Periods / Evaluations	4
10	Recreation / Sports	5
11	Optional Training	4
<b>Sub-Total</b>		<b>30</b>
<b>Level 3</b>		
04	Drill	2
05	Canadian Citizenship	4
07	Communications	5
09	Divisional Officer Periods / Evaluations	4
10	Recreation / Sports	6
11	Optional Training	9
<b>Sub-Total</b>		<b>30</b>
<b>Level 4</b>		
04	Drill	2
07	Communications	9
09	Divisional Officer Periods / Evaluations	4
10	Recreation/Sports and Evaluation	7
11	Optional Training	8
<b>Sub-Total</b>		<b>30</b>
<b>Level 5</b>		
04	Drill	10
05	Canadian Citizenship	8
08	Leadership	12
09	Divisional Officer Periods / Evaluations	6
10	Recreation / Sports	6
11	Optional Training	18
<b>Sub-Total</b>		<b>60</b>
<b>Level 6</b>		
04	Drill	10
05	Canadian Citizenship	8
08	Leadership	12
09	Divisional Officer Periods / Evaluations	6
10	Recreation / Sports	6
11	Optional Training	11
12	Introduction to Sea, Army and Air Cadets	7
<b>Sub-Total</b>		<b>60</b>
<b>Total</b>		<b>240</b>

<b>Navy League Cadet Training Program Summary by Training Subject</b>		<b># Periods</b>
<b>CTS 01 Corps Organization and Ship's Routine</b>		
1.1	Rank Structure	1
1.2	Divisional System and Chain of Command	1
1.3	Training Night Routine	1
1.4	Rights, Responsibilities, Duties and Privileges	1
1.5	Colours and Sunset Ceremony	1
1.6	Positions of Messenger	1
2.6.1	Position of Quartermaster	1
2.6.2	Positions of Colour Party	1
<b>TOTAL</b>		<b>8</b>
<b>CTS 02 Wearing and Maintenance of Uniform</b>		
1.1	Uniform Parts	1
1.2	Uniform Maintenance	2
<b>TOTAL</b>		<b>3</b>
<b>CTS 03 Navy League Movement</b>		
1.1	History and Objectives of the Navy League	1
<b>TOTAL</b>		<b>1</b>
<b>CTS 04 Drill</b>		
1.1	<b>Basic Drill at the Halt</b> Position of Attention Stand at Ease from Attention Stand Easy from Stand at Ease Attention from Stand at Ease	1
1.2	<b>Basic Drill at the Halt</b> Right Dress Open and Close Order March	1
1.3	<b>Basic Drill at the Halt</b> Right and Left Turn About Turn	1
1.4	<b>Basic Drill at the Halt</b> To the Front Salute Dismiss	1
1.5	<b>Basic Drill at the Halt</b> Fall in and out of a division	1
1.6	<b>Basic Drill at the Halt</b> Review of 1.1 to 1.6	1
2.1	<b>Basic Drill on the March</b> Marching in Quick Time Halting Mark Time	1
2.2	<b>Basic Drill on the March</b> Wheeling Right and Left Turn on the March	1



### Training Summary (cont...)

2.3	<b>Basic Drill on the March</b> Saluting on the March Review of 2.1 and 2.2	1
3.1	Review and Practice	2
4.1	Review and Practice	2
5.1	<b>Drill Command</b> Voice Culture	6
5.2	<b>Drill Command</b> Commanding a Division	4
6.1	<b>Drill Command</b> Voice Culture	6
6.2	<b>Drill Command</b> Commanding a Corps	4
<b>TOTAL</b>		<b>33</b>
<b>CTS 05 Canadian Citizenship</b>		
2.1	Canadian Heritage	1
2.2	Canadian Heritage	1
2.3	Social Issues	2
3.1	Community Involvement	4
5.1	Community Involvement	4
5.2	Community Involvement	4
6.1	Community Involvement	4
6.2	Community Involvement	4
<b>TOTAL</b>		<b>24</b>
<b>CTS 06 Seamanship</b>		
2.1	<b>Knots and Hitches</b> Uses of Rope Overhand Reef Figure of Eight	1
2.2	<b>Knots and Hitches</b> Bowline Round Turn and Two Half Hitches	1
2.3	<b>Knots and Hitches</b> Securing a line to a cleat Review of 2.1 and 2.2	1
<b>TOTAL</b>		<b>3</b>
<b>CTS 07 Naval Knowledge</b>		
2.1	Naval Terminology and Phonetic Alphabet	1
2.2	24 Hour Clock / Watches and Bells	1
2.3	Watches and Bells	1
2.4	Parts of a Ship	1
3	Introduction to Communications	0
3.1	Introduction to Voice Communications	1
3.2.1	Communications – Radio Voice Procedures	1

3.2.2	Communications – Radio Operating Procedures	1
3.2.3	Communications – Call Signs, numbers and Discipline	1
4.1	Introduction to Communications – Morse or Semaphore	1
4.2	Communications - Morse or Semaphore	4
4.3	Communications – Practice and Evaluations	1
4.4.1	Boatswain Call (Introduction)	1
4.4.2	Boatswain Call (Basic Pipes)	1
4.4.3	Boatswain Call (Bosun Call) – Optional Pipes	1
<b>TOTAL</b>		<b>17</b>
<b>CTS 08 Leadership</b>		
5.1	Definition and Meaning of Leadership	1
5.2	Styles of Leadership	1
5.3	Principles of Leadership	1
5.4	Characteristics of a Leader	1
5.5	Setting an Example	2
5.6	Instructional Techniques	3
5.7	Teaching a Class	3
6.1	Public Speaking	4
6.2	Leadership Review	2
6.3	Instructional Techniques	3
6.4	Teaching a Class	3
<b>TOTAL</b>		<b>24</b>
<b>CTS 09 Divisional Officer Period</b>		
1.1	Divisional Officer Period	2
1.2	Assessments	2
2.1	Divisional Officer Period	2
2.2	Assessments	2
3.1	Divisional Officer Period	2
3.2	Assessments	2
4.1	Divisional Officer Period	2
4.2	Assessments	2
5.1	Divisional Officer Period	3
5.2	Assessments	3
6.1	Divisional Officer Period	3
6.2	Assessments	3
<b>TOTAL</b>		<b>28</b>
<b>CTS 10 Recreation / Sports</b>		
1.1	Recreation / Sports	6
2.1	Recreation / Sports	6
3.1	Recreation / Sports	6
4.1	Recreation / Sports	7
5.1	Recreation / Sports	6
6.1	Recreation / Sports	6
<b>TOTAL</b>		<b>37</b>

## Training Summary (cont...)

<b>CTS 11 Optional Training</b>		
1.1	Optional Training	5
2.1	Optional Training	4
3.1	Optional Training	9
4.1	Optional Training	8
5.1	Optional Training	18
6.1	Optional Training	11
<b>TOTAL</b>		<b>55</b>
<b>CTS 12 Introduction to Cadets</b>		
6.1	Introduction to Sea Cadets	2
6.2	Introduction to Army Cadets	2
6.3	Introduction to Air Cadets	2
6.4	Briefing about Cadets	1
<b>TOTAL</b>		<b>7</b>
<b>Total Training Periods</b>		<b>240</b>

# **NAVY LEAGUE CADET TRAINING PROGRAM**

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

<b>LESSON PLAN</b>	
<b>CTS 01 Corps Organization and Ship's Routine</b> <b>1.1 – Navy League Cadet and Officer Rank Structure</b>	<b>Duration</b>
	1 Period (45 Minutes)
<b>WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD</b>	
The approach should be using the Presentation and Practical Activity methods.	
<b>WHAT MATERIAL DO I NEED?</b>	
1. Laptop with PowerPoint 2. Projector 3. All Cadet Ranks	4. All Officer Ranks 5. Handouts
<b>INTRODUCTION</b>	
<b>What?</b>	Cadets will learn about the purpose of the cadet and officer rank structures, and how to use them during training activities.
<b>Why?</b>	This material is important as it allows cadets and officers to interact with one another in a naval environment.
<b>Expectations</b>	The cadet will be able to visually identify the rank of all members within the corps. Cadets are expected to use proper salutations when dealing with all members of their corps.
<b>TEACHING POINTS</b>	
On the National Web Site under Navy League Cadets and in Google Classroom	
<b>CONCLUSION</b>	
Summarize the main teaching points, and randomly quiz the cadets on the ranks.  The cadets are not expected to know all of the ranks at the end of the period. Rank identification will come with exposure to the organization on a regular basis.	
<b>TESTING</b>	
Cadets will be expected to identify the rank of any uniformed member of the corps before promotion to Ordinary Cadet.  Activity Sheets on Officer and Cadet ranks should be completed in class, and will assist the instructor in determining the level of comprehension for this period.	

LESSON PLAN	
<b>CTS 01 Corps Organization and Ship's Routine</b> <b>1.2 – Divisional System and Chain of Command</b>	<b>Duration</b>
	1 period (45 minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Presentation and Practical Activity methods.	
WHAT MATERIAL DO I NEED?	
1. Laptop with PowerPoint 2. Projector	3. Handouts
INTRODUCTION	
<b>What?</b>	Cadets will learn about the history and purpose for the Divisional System and Chain of Command. Officer introductions are also included in this lesson.
<b>Why?</b>	This material is important as it will assist the cadets understand how things get accomplished, and were to go if they have questions or problems.
<b>Expectations</b>	By the end of the period, cadets should be able to identify their division and Divisional Officer, and understand the purpose of the Divisional System
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
Summarize the main teaching points, and randomly quiz cadets on the history and purpose for the Divisional System.  The cadets are not expected to know all of the officers by the end of the period, but should have a decent understanding of the purpose of the Divisional System. Officer identification will come with exposure to the organization on a regular basis.	
TESTING	
Cadets will be expected to identify their division members, and those that fall into their chain of command.  The “Members of my Corps” activity sheet should be completed in class, and will assist the instructor in determining the level of comprehension for this period.	

LESSON PLAN	
<b>CTS 01 Corps Organization and Ship's Routine</b> <b>1.3 – Training Night Routine</b>	<b>Duration</b>
	1 period (45 minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Presentation and Practical Activity methods.	
WHAT MATERIAL DO I NEED?	
1. Laptop with PowerPoint 2. Projector	3. Handouts
INTRODUCTION	
<b>What?</b>	Cadets will become familiar with the Ship's routine and an overview of the Navy League Cadet Training Program.
<b>Why?</b>	It is important to establish the routine for the cadets so they know what to expect when they arrive for training.
<b>Expectations</b>	At the end of this lesson, cadets will be more familiar with the training program, and will know where to look to find information regarding corps activities.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
Randomly ask cadets to identify locations throughout the facilities. Ensure each individual understands the contents and location of Routine Orders.  If time permits, have the cadets travel in pairs to a selected location. Once there, ask them to pick up a specific item and return to you. A scavenger hunt serves the purpose, however, extra time will be necessary to complete the activity.	
TESTING	
Cadets will be expected to follow the corps training routine without assistance. This is an ongoing evaluation for all cadets.	

<b>LESSON PLAN</b>	
<b>CTS 01 Corps Organization and Ship's Routine</b> <b>1.4 – Rights, Responsibilities, Duties and Privileges</b>	<b>Duration</b>
	1 period (45 minutes)
<b>WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD</b>	
The approach should be using the Presentation and Discussion method.	
<b>WHAT MATERIAL DO I NEED?</b>	
1. Laptop with PowerPoint 2. Projector	3. Handouts
<b>INTRODUCTION</b>	
<b>What?</b>	Cadets will learn about their rights, responsibilities, duties and privileges during cadet activities.
<b>Why?</b>	Every member of the corps has rights and privileges, duties and responsibilities.
<b>Expectations</b>	At the end of this lesson, cadets are expected to understand and display the qualities and attitude of a Navy League Cadet.
<b>TEACHING POINTS</b>	
On the National Web Site under Navy League Cadets and in Google Classroom	
<b>CONCLUSION</b>	
For confirmation, have cadets come forward to act out scenarios pertaining to cadet rights and responsibilities. Leave it to the remainder of the group to decide which point is being played out.	
<b>TESTING</b>	
Although there is no requirement for a performance check, it is imperative that divisional officers maintain divisional notes on their cadets. Divisional Officer notes ensure that an ongoing assessment is taking place.	



LESSON PLAN	
<b>CTS 01 Corps Organization and Ship's Routine</b> <b>1.5 – Ceremony of Colours and Sunset</b>	<b>Duration</b>
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Presentation and Practical Activity methods.	
WHAT MATERIAL DO I NEED?	
1. Mast 2. Canadian Flag	3. Navy League Flag 4. Prep
INTRODUCTION	
<b>What?</b>	Cadets will learn about the ceremonies of Colours and Sunset and how they are performed.
<b>Why?</b>	It will give the cadets a sense of naval tradition and introduce them to the ceremonial aspect of cadets.
<b>Expectations</b>	At the end of this period, the cadet should be able to actively participate as a member of a colour party for colours and sunset
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
The ceremonies of Colours and Sunset are practiced by navies around the world, as well as by every Navy League Cadet Corps in the country. By practicing these ceremonies, we are paying our respects and showing our loyalty to our country, as well as honouring the customs and traditions of the Royal Canadian Navy.	
TESTING	
The performance required for promotion to Ordinary Cadet requires the cadet to participate in the ceremonies of Colours and Sunset. This can be accomplished through a regular training night routine. The standards required for a New Entry Cadet's performance should be kept simple and that experience will be gained as the training year progresses	

LESSON PLAN	
<b>CTS 01 Corps Organization and Ship's Routine</b> <b>1.6 – Positions of Messenger</b>	Duration
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Presentation and Practical Activity methods.	
WHAT MATERIAL DO I NEED?	
1. Corps Parade State	
INTRODUCTION	
<b>What?</b>	How to do the job of a Messenger in a Navy League Cadet Corps
<b>Why?</b>	Knowing how to the job of a Messenger will help with the parade night going smoothly.
<b>Expectations</b>	The cadet will be able to assume the position of messenger for the corps.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
The duties of the messenger are very ceremonial as well as practical. The messenger passes the request of the Officer in Charge to the next senior officer for him/her to join the corps on parade during a normal cadet parade. When the occasion is special then the messenger will be presenting the request to the special guest. By practicing these ceremonies, we are honouring the customs and traditions of the Royal Canadian Navy.	
TESTING	
There is no test for the position of messenger.	

LESSON PLAN	
<b>CTS 01 Corps Organization and Ship's Routine</b> <b>2.6.1 – Position of Quartermaster</b>	<b>Duration</b>
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Presentation and Practical Activity methods.	
WHAT MATERIAL DO I NEED?	
1. Mast 2. Canadian Flag	3. Corps Parade State 4. NL(337) NLCC Ships Log
INTRODUCTION	
<b>What?</b>	How to do the job of the Quartermaster in a Navy League Cadet Corps
<b>Why?</b>	Knowing how to the job of the Quartermaster will help with the parade night going smoothly and will help with the record keeping of the day to day operations of a Cadet Corps
<b>Expectations</b>	The cadet will be able to assume the position of quartermaster for the corps.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
Knowing how to the job of a Quartermaster will help with the parade night going smoothly and will help with the record keeping of the day to day operations of a Cadet Corps. It is important to stress that correctly documenting the activities ensures that the corps is able to recreate any activity that has happened. Of special note is to ensure documentation of any incident that has happened	
TESTING	
There is no formal testing for this CTS.	

LESSON PLAN	
<b>CTS 01 Corps Organization and Ship's Routine</b> <b>2.6.2 – Position of Color Party</b>	Duration
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Presentation and Practical Activity methods.	
WHAT MATERIAL DO I NEED?	
1. Mast 2. Canadian Flag	3. Navy League Flag 4. Prep
INTRODUCTION	
<b>What?</b>	How to be a member of the Color Party
<b>Why?</b>	Knowing how to the job of the Color Party will help with the parade night going smoothly. Colors and Sunset are an important part of each cadet parade night.
<b>Expectations</b>	To Raise and Lower the Flags in the proper timing and sequence
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
Knowing how to the job of the Color Party will help with the parade night going smoothly. The tradition of raising and lowering the flags is an important part of the Navy League Heritage	
TESTING	
There is no formal testing for this CTS.	

# **NAVY LEAGUE CADET TRAINING PROGRAM**

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

<b>LESSON PLAN</b>	
<b>CTS 02 Wearing and Maintenance of Uniforms</b> <b>1.1 – Uniform Parts</b>	<b>Duration</b>
	1 Period (45 Minutes)
<b>WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD</b>	
The approach should be using the Presentation and Practical Activity methods.	
<b>WHAT MATERIAL DO I NEED?</b>	
1. Full Navy League uniform 2. Brassard	3. All Badges
<b>INTRODUCTION</b>	
<b>What?</b>	Cadets will learn about the different uniform parts and badges, and how to wear them.
<b>Why?</b>	The cadets must learn to wear the uniform so that it meets the standards outline in NL 226.
<b>Expectations</b>	The cadet will be expected to identify each uniform part and to become familiar with the available badges and their placement on the uniform.
<b>TEACHING POINTS</b>	
On the National Web Site under Navy League Cadets and in Google Classroom	
<b>CONCLUSION</b>	
Remember that it is important to always present yourself in the best possible manner. Proper wearing of a well done uniform is always a bonus.	
<b>TESTING</b>	
The performance required for promotion to Ordinary Cadet requires the cadet to properly wear and maintain a uniform. This can be accomplished through regular inspections. It must be noted that the standards required for a New Entry Cadet's dress and deportment should be kept simple and that experience will be gained as the training year progresses. Proper correction from officers is essential to ensure a consistent standard.	

<b>LESSON PLAN</b>	
<b>CTS 02 Wearing and Maintenance of Uniforms</b> <b>1.2 – Uniform Maintenance</b>	<b>Duration</b>
	2 Period (90 Minutes)
<b>WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD</b>	
The approach should be using the Presentation and Practical Activity methods.	
<b>WHAT MATERIAL DO I NEED?</b>	
1. Iron/Ironing board 2. Shoe shine kit	3. Full Navy League uniform 4. Boots
<b>INTRODUCTION</b>	
<b>What?</b>	Cadets will learn about the proper method of maintaining the uniform. The second period should be dedicated entirely to practice with the instructor supervising and assisting.
<b>Why?</b>	The cadets must learn to maintain the uniform so that it meets the standards outline in NL 226.
<b>Expectations</b>	The cadet will be expected to maintain their personal uniform through regular upkeep; and shall demonstrate the responsibility of ensuring all items of their uniforms in their care.
<b>TEACHING POINTS</b>	
On the National Web Site under Navy League Cadets and in Google Classroom	
<b>CONCLUSION</b>	
Stress to the cadets will be inspected on a regular basis. It is their responsibility to ensure that it is kept in good condition. If the cadet is corrected during an inspection, you may need to spend a little more time working on that item. Remind them that if they don't know – ask!	
<b>TESTING</b>	
There is no written test for this lesson. Cadets are to be inspected on a regular basis with remarks written in Divisional Officer's notes.	





# **NAVY LEAGUE CADET TRAINING PROGRAM**

## **CTS 03      Navy League Movement**

LESSON PLAN	
<b>CTS 03 Navy League Movement</b> <b>1.1 – History of the Navy League</b>	<b>Duration</b>
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Presentation method.	
WHAT MATERIAL DO I NEED?	
1. Projector 2. Handouts	
INTRODUCTION	
<b>What?</b>	Cadets will learn about the objectives and history of Navy League Cadets, as well as the role played by the local branch
<b>Why?</b>	Understanding more about the organizations' origins and goals will help foster pride and loyalty.
<b>Expectations</b>	As the end of the period, cadets shall have a better understanding of the organization and how it relates to Corps activities
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
The knowledge gained during this lesson will help the cadet understand why Navy League Cadets exist and the goals that the organization strives to achieve	
TESTING	
Although testing for this CTS is not a requirement, cadets should have a basic knowledge of the local branch roles and be able to identify those members that have direct relations with the Corps.	

# **NAVY LEAGUE CADET TRAINING PROGRAM**

## **CTS 04     Drill**

LESSON PLAN	
<b>CTS 04 Drill</b> <b>1.1 – Basic Drill at the Halt</b>	<b>Duration</b>
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Practical Activity method.	
WHAT MATERIAL DO I NEED?	
1. Parade deck 2. NL (225) NLC Drill Manual	
INTRODUCTION	
<b>What?</b>	Cadets will learn (a) the position of attention, (b) attention to stand at ease, (c) stand at ease to stand easy, and (d) stand at ease to attention.
<b>Why?</b>	Learning these basic movements will help the cadets grasp the concept of drill and are the foundation for other movements.
<b>Expectations</b>	The cadet is required to perform the movements as part of the corps' nightly routine.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
These positions and movements that form the basis for all other movements. Timing is important, but will seem easier as you practice each movement. Remember that all of these positions are designed with comfort in mind, so if it doesn't feel right, ask an instructor for assistance.	
TESTING	
Cadets are expected to perform drill during each training night. Before a cadet is promoted to New Entry, they will have to demonstrate the ability to perform each one of these movements, either during a muster or during a scheduled evaluation period.	

LESSON PLAN	
<b>CTS 04 Drill</b> <b>1.2 – Basic Drill at the Halt</b>	<b>Duration</b>
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Practical Activity method.	
WHAT MATERIAL DO I NEED?	
1. Parade Deck 2. NL (225) NLC Drill Manual	
INTRODUCTION	
<b>What?</b>	Cadets will learn (a) the right dress, (b) eyes front, (c) the open order march, and (d) the close order march.
<b>Why?</b>	Learning these movements is essential for a division mustered on the deck. These movements will be used on a frequent basis.
<b>Expectations</b>	The cadet is required to perform the movements as part of the corps' nightly routine.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
These positions and movements that form the basis for all other movements. Timing is important, but will seem easier as you practice each movement. Remember that all of these positions are designed with comfort in mind, so if it doesn't feel right, ask an instructor for assistance.	
TESTING	
Cadets are expected to perform drill during each training night. Before a cadet is promoted to New Entry, they will have to demonstrate the ability to perform each one of these movements, either during a muster or during a scheduled evaluation period.	

LESSON PLAN	
<b>CTS 04 Drill</b> <b>1.3 – Basic Drill at the Halt</b>	<b>Duration</b>
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Practical Activity method.	
WHAT MATERIAL DO I NEED?	
1. Parade deck 2. NL (225) NLC Drill Manual	
INTRODUCTION	
<b>What?</b>	Cadets will learn (a) the left turn at the halt, (b) the right turn at the halt, and (c) the about turn at the halt.
<b>Why?</b>	Learning these movements is essential for a division mustered on the deck. These movements will be used on a frequent basis.
<b>Expectations</b>	The cadet is required to perform the movements as part of the corps' nightly routine.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
These positions and movements that form the basis for all other movements. Timing is important, but will seem easier as you practice each movement. Remember that all of these positions are designed with comfort in mind, so if it doesn't feel right, ask an instructor for assistance.	
TESTING	
Cadets are expected to perform drill during each training night. Before a cadet is promoted to New Entry, they will have to demonstrate the ability to perform each one of these movements, either during a muster or during a scheduled evaluation period.	

LESSON PLAN	
<b>CTS 04 Drill</b> <b>1.4 – Basic Drill at the Halt</b>	<b>Duration</b>
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Practical Activity method.	
WHAT MATERIAL DO I NEED?	
1. Parade deck 2. NL (225) NLC Drill Manual	
INTRODUCTION	
<b>What?</b>	Cadets will learn (a) the salute to the front, (b) the remove headdress, (c) the replace headdress, and (d) the dismiss.
<b>Why?</b>	Learning these movements is essential for a division mustered on the deck. These movements will be used on a frequent basis.
<b>Expectations</b>	The cadet is required to perform the movements as part of the corps' nightly routine.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
These positions and movements that form the basis for all other movements. Timing is important, but will seem easier as you practice each movement. Remember that all of these positions are designed with comfort in mind, so if it doesn't feel right, ask an instructor for assistance.	
TESTING	
Cadets are expected to perform drill during each training night. Before a cadet is promoted to New Entry, they will have to demonstrate the ability to perform each one of these movements, either during a muster or during a scheduled evaluation period.	

LESSON PLAN	
<b>CTS 04 Drill</b> <b>1.5 – Basic Drill at the Halt</b>	<b>Duration</b>
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Practical Activity method.	
WHAT MATERIAL DO I NEED?	
1. Parade deck 2. NL (225) NLC Drill Manual	
INTRODUCTION	
<b>What?</b>	Cadets will learn (a) the ability to fall out of a division; and (b) the ability to fall in to a division
<b>Why?</b>	Learning these movements is essential for when in a division and know how to fall out properly as well as falling in mustered on the deck. These movements will be used on a frequent basis
<b>Expectations</b>	By the end of this period, cadets should have a good grasp of the basic drill movements.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
These positions and movements that form the basis for all other movements. Timing is important, but will seem easier as you practice each movement. Remember that all of these positions are designed with comfort in mind, so if it doesn't feel right, ask an instructor for assistance.	
TESTING	
Once all the material has been reviewed, the cadets should be prepared for a practical assessment of the drill movements. If the instructor desires, assessments can be done during divisions on a regular training night. Once the cadet and instructor are satisfied with the drill performance, the cadet will have passed the drill requirements to move on to Ordinary Cadet.	



LESSON PLAN	
<b>CTS 04 Drill</b> <b>1.6 – Basic Drill at the Halt</b>	<b>Duration</b>
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Practical Activity method.	
WHAT MATERIAL DO I NEED?	
1. Parade deck 2. NL (225) NLC Drill Manual	
INTRODUCTION	
<b>What?</b>	This period is to be used as a review for CTS04 1.2 to 1.5
<b>Why?</b>	This period will allow cadets to concentrate on the movements for which they require assistance
<b>Expectations</b>	By the end of this period, cadets should have a good grasp of the basic drill movements.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
These positions and movements that form the basis for all other movements. Timing is important, but will seem easier as you practice each movement. Remember that all of these positions are designed with comfort in mind, so if it doesn't feel right, ask an instructor for assistance.	
TESTING	
Once all the material has been reviewed, the cadets should be prepared for a practical assessment of the drill movements. If the instructor desires, assessments can be done during divisions on a regular training night. Once the cadet and instructor are satisfied with the drill performance, the cadet will have passed the drill requirements to move on to Ordinary Cadet.	

<b>LESSON PLAN</b>	
<b>CTS 04 Drill</b> <b>2.1 – Basic Drill on the March</b>	<b>Duration</b>
	1 Period (45 Minutes)
<b>WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD</b>	
The approach should be using the Practical Activity method.	
<b>WHAT MATERIAL DO I NEED?</b>	
1. Parade deck 2. NL (225) NLC Drill Manual	
<b>INTRODUCTION</b>	
<b>What?</b>	Cadets will learn (a) marching in quick time, (b) halting from quick march, (c) mark time from quick march, and (d) stepping off from quick mark time.
<b>Why?</b>	This is a basic introduction to marching drill that will be required for regular training.
<b>Expectations</b>	By the end of this period, cadets will have their first exposure to marching drill. This period should help them get accustomed to marching in a division.
<b>TEACHING POINTS</b>	
On the National Web Site under Navy League Cadets and in Google Classroom	
<b>CONCLUSION</b>	
Marching in a division is a difficult adjustment. Pay attention to other members as they swing their arms. <b>DON'T LOOK AT YOUR FEET!</b> Keep your head up. The timing will eventually come around.	
<b>TESTING</b>	
Cadets are expected to perform drill during each training night. Before a cadet is promoted to Able Cadet, they will have to demonstrate the ability to perform each one of these movements, either during a muster or during a scheduled evaluation period.	

LESSON PLAN	
<b>CTS 04 Drill</b> <b>2.2 – Basic Drill on the March</b>	<b>Duration</b>
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Practical Activity method.	
WHAT MATERIAL DO I NEED?	
1. Parade deck 2. NL (225) NLC Drill Manual	
INTRODUCTION	
<b>What?</b>	Cadets will learn how to wheel on the march and how to perform left and right turns on the march.
<b>Why?</b>	Unless your corps always marches in straight lines, wheels and turns are going to be given while marching
<b>Expectations</b>	The cadet is required to perform the movement as part of the corps nightly training routine. This period should help them get accustomed to marching in a division.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
Marching in a division is a difficult adjustment. Pay attention to other members as they swing their arms. <b>DON'T LOOK AT YOUR FEET!</b> Keep your head up. The timing will eventually come around.	
TESTING	
Cadets are expected to perform drill during each training night. Before a cadet is promoted to Able Cadet, they will have to demonstrate the ability to perform each one of these movements, either during a muster or during a scheduled evaluation period.	

LESSON PLAN	
<b>CTS 04 Drill</b> <b>2.3 – Basic Drill on the March</b>	<b>Duration</b>
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Practical Activity method.	
WHAT MATERIAL DO I NEED?	
1. Parade deck 2. NL (225) NLC Drill Manual	
INTRODUCTION	
<b>What?</b>	Cadets will learn how to salute on the march.
<b>Why?</b>	Saluting is how we pay compliments to our officers.
<b>Expectations</b>	The cadet is required to perform the movement as part of the corps nightly training routine.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
<b>REMEMBER:</b> Saluting on the March only occurs when you are NOT in a division. When an officer passes a division, the commander of the division will perform salute. If the officer is of the rank Lieutenant-Commander or above, the division commander will give the appropriate “Eyes – RIGHT (LEFT)”	
TESTING	
Cadets are expected to perform drill during each training night. Before a cadet is promoted to Able Cadet, they will have to demonstrate the ability to perform the ability to march during a scheduled evaluation period.	

LESSON PLAN	
<b>CTS 04 Drill</b> <b>2.4 – Basic Drill Review</b>	<b>Duration</b>
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Practical Activity method.	
WHAT MATERIAL DO I NEED?	
1. Parade Deck 2. NL (225) NLC Drill Manual	
INTRODUCTION	
<b>What?</b>	Cadets will review the lessons in standing drill learned in CTS 04.
<b>Why?</b>	This ensures the cadets have retained previous instruction
<b>Expectations</b>	The cadet is required to perform the movements as part of the corps nightly training routine.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
<b>REMEMBER:</b> Saluting on the March only occurs when you are NOT in a division. When an officer passes a division, the commander of the division will perform salute. If the officer is of the rank Lieutenant-Commander or above, the division commander will give the appropriate “Eyes – RIGHT (LEFT)”	
TESTING	
Cadets are expected to perform drill during each training night. Before a cadet is promoted to Able Cadet, they will have to demonstrate the ability to perform the ability to march during a scheduled evaluation period.	

LESSON PLAN	
<b>CTS 04 Drill</b> <b>3.1 – Basic Drill Review</b>	<b>Duration</b>
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Practical Activity method.	
WHAT MATERIAL DO I NEED?	
1. Parade deck 2. NL (225) NLC Drill Manual	
INTRODUCTION	
<b>What?</b>	Cadets will review the lessons in marching learned in CTS 04.
<b>Why?</b>	This ensures the cadets have retained previous instruction
<b>Expectations</b>	The cadet is required to perform the movements as part of the corps nightly training routine.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
<b>REMEMBER:</b> Saluting on the March only occurs when you are NOT in a division. When an officer passes a division, the commander of the division will perform salute. If the officer is of the rank Lieutenant-Commander or above, the division commander will give the appropriate “Eyes – RIGHT (LEFT)”	
TESTING	
Cadets are expected to perform drill during each training night. Before a cadet is promoted to Able Cadet, they will have to demonstrate the ability to perform the ability to march during a scheduled evaluation period.	

LESSON PLAN	
<b>CTS 04 Drill</b> <b>4.1 – Basic Drill Review</b>	<b>Duration</b>
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Practical Activity method.	
WHAT MATERIAL DO I NEED?	
1. Parade deck 2. NL (225) NLC Drill Manual	
INTRODUCTION	
<b>What?</b>	Cadets will review the lessons in drill learned in CTS 04. Combine all instruction if possible
<b>Why?</b>	This ensures the cadets have retained previous instruction
<b>Expectations</b>	The cadet is required to perform the movements as part of the corps nightly training routine.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
<b>REMEMBER:</b> Saluting on the March only occurs when you are NOT in a division. When an officer passes a division, the commander of the division will perform salute. If the officer is of the rank Lieutenant-Commander or above, the division commander will give the appropriate “Eyes – RIGHT (LEFT)”	
TESTING	
Cadets are expected to perform drill during each training night. Before a cadet is promoted to Able Cadet, they will have to demonstrate the ability to perform the ability to march during a scheduled evaluation period.	

LESSON PLAN	
<b>CTS 04 Drill</b> <b>5.1 – Voice Culture</b>	<b>Duration</b>
	4 Periods (180 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Practical Activity method.	
WHAT MATERIAL DO I NEED?	
1. Parade deck 2. NL (225) NLC Drill Manual	3. At least one division of cadets
INTRODUCTION	
<b>What?</b>	Cadets be instructed in the components of drill commands.
<b>Why?</b>	When giving drill, it is important for the division to be able to hear the command and understand what is being said.
<b>Expectations</b>	The cadet is required to have the ability to deliver drill commands properly and in a clear sharp voice.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
<b>REMEMBER:</b> Timing is the main topic of this lesson. With the proper timing given, all the cadets in a division should be able to hear and react to each command.	
TESTING	
Cadets are expected to know the timing of each movement. Before a cadet is promoted, they will have to demonstrate the ability to perform each command during a scheduled evaluation period.	



LESSON PLAN	
<b>CTS 04 Drill</b> <b>5.2 – Commanding a Division</b>	<b>Duration</b>
	6 Periods (270 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
This lesson should be split into two sections. The first part is theoretical and should follow the Presentation method. The second part involves giving orders, and each cadet should get the opportunity to command the division and this should be the Practical Activity Method.	
WHAT MATERIAL DO I NEED?	
1. Parade deck 2. NL (225) NLC Drill Manual	3. At least one division of cadets
INTRODUCTION	
<b>What?</b>	Cadets be instructed in the components of drill commands related to commanding a Division.
<b>Why?</b>	When giving drill, it is important for the division to be able to hear the command and understand what is being said.
<b>Expectations</b>	The cadet is requires to demonstrate the ability to lead a division through reporting a division, colours/sunset and a march past.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
<b>REMEMBER:</b> Timing is the main topic of this lesson. With the proper timing given, all the cadets in a division should be able to hear and react to each command. The cadets must be taught the proper foot that a command is given on.	
TESTING	
Cadets are expected to know the timing of each movement. Before a cadet is promoted, they will have to demonstrate the ability to perform each movement during a scheduled evaluation period. Giving drill commands is an art as much as it is a skill. As every cadet will have his or her own style of delivery, the instructor must allow for some leeway during assessments.	

LESSON PLAN	
<b>CTS 04 Drill</b> <b>6.1 – Voice Culture</b>	<b>Duration</b>
	4 Periods (180 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Practical Activity method.	
WHAT MATERIAL DO I NEED?	
1. Parade deck 2. NL (225) NLC Drill Manual  3.  At least one division of cadets	3. At least one division of cadets
INTRODUCTION	
<b>What?</b>	Cadets be instructed in the components of drill commands.
<b>Why?</b>	When giving drill, it is important for the corps to be able to hear the command and understand what is being said.
<b>Expectations</b>	The cadet is required to have the ability to deliver drill commands properly and in a clear sharp voice.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
<b>REMEMBER:</b> Voice projection is the main topic of this lesson followed by the proper timing. With the proper command given in a loud, clear voice and the proper timing given, all the cadets in the corps should be able to hear and react to each command.	
TESTING	
Cadets are expected to know the timing of each movement. Before a cadet is promoted, they will have to demonstrate the ability to perform each movement during a scheduled evaluation period. Giving drill commands is an art as much as it is a skill. As every cadet will have his or her own style of delivery, the instructor must allow for some leeway during assessments.	



LESSON PLAN	
<b>CTS 04 Drill</b> <b>6.2 – Commanding a Corps</b>	<b>Duration</b>
	6 Periods (270 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
This lesson should be split into two sections. The first part is theoretical and should follow the Presentation method. The second part involves giving orders, and each cadet should get the opportunity to command the division and this should be the Practical Activity Method.	
WHAT MATERIAL DO I NEED?	
1. Parade deck 2. NL (225) NLC Drill Manual 3. At least one division of cadets	3. At least two divisions of cadets
INTRODUCTION	
<b>What?</b>	Cadets be instructed in the components of drill commands related to commanding a Corps.
<b>Why?</b>	When giving drill, it is important for the corps to be able to hear the command and understand what is being said.
<b>Expectations</b>	The cadet is requires to demonstrate the ability to lead a corps through reporting a division, colours/sunset and a march past.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
<b>REMEMBER:</b> Voice projection is the main topic of this lesson followed by the proper timing. With the proper command given in a loud, clear voice and the proper timing given, all the cadets in the corps should be able to hear and react to each command.	
TESTING	

Cadets are expected to know the timing of each movement. Before a cadet is promoted, they will have to demonstrate the ability to perform each movement during a scheduled evaluation period. Giving drill commands is an art as much as it is a skill. As every cadet will have his or her own style of delivery, the instructor must allow for some leeway during assessments.

# **NAVY LEAGUE CADET TRAINING PROGRAM**

## **CTS 05      Canadian Citizenship**

LESSON PLAN	
<b>CTS 05 Canadian Citizenship</b> <b>2.1 – Canadian Heritage</b>	<b>Duration</b>
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Presentation and Discussion method.	
WHAT MATERIAL DO I NEED?	
1. Projector 2. Handouts	
INTRODUCTION	
<b>What?</b>	Cadets will partake in a discussion regarding citizenship, the name “Canada” and some of our national symbols.
<b>Why?</b>	One of our aims is to create a sense of loyalty and commitment to Canada and your community.
<b>Expectations</b>	At the end of this period, cadets will understand what citizenship means and how the Navy League practices it.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
The cadets should have an appreciation of Canada, its citizens and symbols.	
TESTING	
There is no testing for this lesson plan	

<b>LESSON PLAN</b>	
<b>CTS 05 Canadian Citizenship</b> <b>2.2 – Canadian Heritage</b>	<b>Duration</b>
	1 Period (45 Minutes)
<b>WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD</b>	
The approach should be using the Presentation and Discussion method.	
<b>WHAT MATERIAL DO I NEED?</b>	
1. Handout of project	
<b>INTRODUCTION</b>	
<b>What?</b>	Cadets will partake in a further discussion regarding citizenship, the name “Canada” and some of our national symbols.
<b>Why?</b>	One of our aims is to create a sense of loyalty and commitment to Canada and your community.
<b>Expectations</b>	At the end of this period, cadets will give examples of citizenship and national symbols
<b>TEACHING POINTS</b>	
On the National Web Site under Navy League Cadets and in Google Classroom	
<b>CONCLUSION</b>	
The requirement for promotion to Able Cadet includes the ability for the cadet to understand citizenship and to be able to apply that understanding to their participation in Navy League Cadets. Each cadet should have the opportunity to participate in a citizenship activity with the corps.	
<b>TESTING</b>	
Cadets are expected to recognize national symbols and have a knowledge of the definition of citizenship	



LESSON PLAN	
<b>CTS 05 Canadian Citizenship</b> <b>2.3 – Social Issues</b>	<b>Duration</b>
	2 Period (90 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Presentation and Guest Speaker method.	
WHAT MATERIAL DO I NEED?	
1. As requested by presenter.	
INTRODUCTION	
<b>What?</b>	Cadets will partake in an interactive presentation by a guest speaker from a community based program.
<b>Why?</b>	One of our aims is to expose the cadets to some of the social issues facing youth today.
<b>Expectations</b>	At the end of this period, cadets will have an understanding of the topic presented.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
It is expected that the cadets will be exposed to some of the local issues that youth face today.	
TESTING	
There is no testing for this lesson plan.	

LESSON PLAN	
CTS 05 Canadian Citizenship 3.1 – Community Involvement	Duration
	4 Period (180 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Guided Discovery method.	
WHAT MATERIAL DO I NEED?	
1. Handouts developed for the activity or project	
INTRODUCTION	
<b>What?</b>	Cadets shall research and present a community activity or project.
<b>Why?</b>	One of our aims is to create a sense of loyalty and commitment to Canada and your community.
<b>Expectations</b>	At the end of these periods, cadets present their activity or project to the corps.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
The cadets should have an appreciation of what community involvement is about.	
TESTING	
There is no testing for this lesson plan	

LESSON PLAN	
CTS 05 Canadian Citizenship 5.1 – Community Involvement	<b>Duration</b>
	6 Period (270 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Guided Discovery method.	
WHAT MATERIAL DO I NEED?	
1. Handouts	
INTRODUCTION	
<b>What?</b>	Cadets shall participate in the community activity or project developed in CTS 5.3.1
<b>Why?</b>	One of our aims is to create a sense of loyalty and commitment to Canada and your community.
<b>Expectations</b>	At the end of these periods, cadets will have an appreciation of their community.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
The cadets should have an appreciation of the effects on the community when youth are involved in the community.	
TESTING	
There is no testing for this lesson plan	

LESSON PLAN	
CTS 05 Canadian Citizenship 5.2 – Community Involvement	<b>Duration</b>
	4 Period (180 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Presentation method.	
WHAT MATERIAL DO I NEED?	
1. Handouts	
INTRODUCTION	
<b>What?</b>	Cadets shall present the activity or project to the corps that they participated in for CTS 5.5.1.
<b>Why?</b>	One of our aims is to create a sense of loyalty and commitment to Canada and your community.
<b>Expectations</b>	At the end of these periods, the cadets should have a feeling of accomplishment for a job well done.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
The cadets should have an appreciation of the effects on the community when youth are involved in the community	
TESTING	
There is no testing for this lesson plan	

LESSON PLAN	
<b>CTS 05 Canadian Citizenship</b> <b>6.1 – Community Involvement</b>	<b>Duration</b>
	4 Period (180 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Presentation and Guided Discovery methods.	
WHAT MATERIAL DO I NEED?	
1. Handouts	
INTRODUCTION	
<b>What?</b>	Cadets shall research and present a community activity or project.
<b>Why?</b>	One of our aims is to create a sense of loyalty and commitment to Canada and your community.
<b>Expectations</b>	At the end of these periods, cadets present their activity or project to the corps.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
The cadets should have an appreciation of Canada, its citizens and symbols.	
TESTING	
There is no testing for this lesson plan	

LESSON PLAN	
<b>CTS 05 Canadian Citizenship</b> <b>6.2 – Community Involvement</b>	<b>Duration</b>
	4 Period (180 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Presentation and Guided Discovery methods.	
WHAT MATERIAL DO I NEED?	
1. Handouts	
INTRODUCTION	
<b>What?</b>	Cadets shall research and present a community activity or project.
<b>Why?</b>	One of our aims is to create a sense of loyalty and commitment to Canada and your community.
<b>Expectations</b>	At the end of these periods, cadets present their activity or project to the corps.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
The cadets should have an appreciation of Canada, its citizens and symbols.	
TESTING	
There is no testing for this lesson plan	

# **NAVY LEAGUE CADET TRAINING PROGRAM**

## **CTS 06      Seamanship**

LESSON PLAN	
<b>CTS 06 Seamanship</b> <b>2.1 – Knots and Hitches I</b>	<b>Duration</b>
	<b>1 Period (45 Minutes)</b>
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Practical method.	
WHAT MATERIAL DO I NEED?	
1. Sufficient rope for each cadet 2. Sufficient rope for instructor	3. Projector 4. Laptop with PowerPoint
INTRODUCTION	
<b>What?</b>	Cadets will learn the purpose for, and how to tie, the overhand knot, the reef knot and the figure eight knots
<b>Why?</b>	Every sailor must have a sound knowledge of seamanship, and these knots will come in handy in many different situations.
<b>Expectations</b>	Cadets will be able to tie the knots and explain their use.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
These knots will come in hand with more than just sailing and boating. It is important to be able to understand the purpose for, and be able to tie these knots as the Corps will be partaking in activities where you will be expected how to use them. In a matter of time, these knots will become second nature, and you should be able to tie them in a matter of seconds.	
TESTING	
The cadets must be able to tie these knots as a requirement for promotion, as well as stating the purpose for them.	



LESSON PLAN	
<b>CTS 06 Seamanship</b> <b>2.2 – Knots and Hitches II</b>	<b>Duration</b>
	<b>1 Period (45 Minutes)</b>
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Practical method.	
WHAT MATERIAL DO I NEED?	
1. Sufficient rope for each cadet 2. Sufficient rope for instructor	3. Projector 4. Laptop with PowerPoint
INTRODUCTION	
<b>What?</b>	Cadets will learn the purpose for, and how to tie, the bowline and the round turn & two half hitches.
<b>Why?</b>	Every sailor must have a sound knowledge of seamanship, and these knots will come in handy in many different situations.
<b>Expectations</b>	Cadets will be able to tie the knots and explain their use.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
These knots will come in hand with more than just sailing and boating. It is important to be able to understand the purpose for, and be able to tie these knots as the Corps will be partaking in activities where you will be expected how to use them. In a matter of time, these knots will become second nature, and you should be able to tie them in a matter of seconds.	
TESTING	
The cadets must be able to tie these knots as a requirement for promotion, as well as stating the purpose for them.	

LESSON PLAN	
<b>CTS 06 Seamanship</b> <b>2.3 – Knots and Hitches III and Review</b>	<b>Duration</b>
	<b>1 Period (45 Minutes)</b>
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Practical method.	
WHAT MATERIAL DO I NEED?	
1. Sufficient rope for each cadet 2. Sufficient rope for instructor	3. Projector 4. Laptop with PowerPoint
INTRODUCTION	
<b>What?</b>	Cadets will learn how to secure a line to a cleat. The remainder of the period should be spent reviewing all knots and hitches from previous lessons.
<b>Why?</b>	Boaters must be able to secure a line to a cleat whenever they bring their boat alongside a dock, jetty, or another boat.
<b>Expectations</b>	Cadets will be able to secure a line to a cleat.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
The cleat hitch is used any time you bring a boat alongside a jetty or dock. It must be done properly, or you risk the chance of it coming loose and untying your boat.	
TESTING	
Once all of the material has been reviewed, the cadets should be prepared for a practical assessment of all knots and hitches.	

# **NAVY LEAGUE CADET TRAINING PROGRAM**

**CTS            07 Naval Knowledge**

LESSON PLAN	
<b>CTS 07 Naval Knowledge</b> <b>2.1 – Naval Terminology and Phonetic Alphabet</b>	<b>Duration</b>
	<b>1 Period (45 Minutes)</b>
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Presentation method.	
WHAT MATERIAL DO I NEED?	
1. Handouts.	
INTRODUCTION	
<b>What?</b>	Cadets will learn about the naval terminology and the phonetic alphabet.
<b>Why?</b>	Since we conduct training in a naval environment, cadets should be able to communicate with other members of the corps in a naval manner.
<b>Expectations</b>	At the end of this period, cadets should have an understanding of naval terminology, and attempt to use it whenever possible.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
<p>Summarize the main points and allow time for the completion of the exercises.</p> <p>When at cadets, try and use naval terminology when speaking with others. After a while, you won't even realize you're using it.</p>	
TESTING	
Promotion to Able Cadet requires the cadet to identify naval terms used at the corps, including knowledge of the phonetic alphabet. This will be tested individually, or as part of a group exercise.	

LESSON PLAN	
<b>CTS 07 Naval Knowledge</b> <b>2.2.1 – 24-hour Clock</b>	<b>Duration</b>
	<b>1 Period (45 Minutes)</b>
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Demonstration and Practice methods.	
WHAT MATERIAL DO I NEED?	
1. Handouts	
INTRODUCTION	
<b>What?</b>	In this period, cadets will learn about the 24-hour clock.
<b>Why?</b>	We use the 24-hour clock at cadets. This method enables us to know the difference between before and after noon.
<b>Expectations</b>	By the end of the period, cadets should be able to convert between the 12 and 24 hour clocks.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
<p>Cadets are encouraged to use the 24 Hour Clock when referring to timings. The 24-hour clock provides an efficient way for the members of a ship to easily track the time of day.</p>	
TESTING	
<p>Cadets should complete the Time Conversion Activity Sheet in their workbook and go over it collectively. The results will assist the instructor in determining the level of understanding.</p> <p>Promotion to Able Cadet requires the cadet to identify the watches and the times associated with them. They are also required to identify the watches and times associated with them. A group activity, such as a friendly competition between members of the class, should assist with the confirmation process.</p>	

LESSON PLAN	
<b>CTS 07 Naval Knowledge</b> <b>2.2.2 – Bells and Watches</b>	<b>Duration</b>
	<b>1 Period (45 Minutes)</b>
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Practical method.	
WHAT MATERIAL DO I NEED?	
1. Handouts	
INTRODUCTION	
<b>What?</b>	In this period, cadets will learn about duty watches and bells. They will learn about the timings for the different watches, and the number of bells rung for each watch.
<b>Why?</b>	We use the 24-hour clock at cadets, and at some point you and your division will take part in divisional duties. To fully understand watch-keeping, you need to know how it works during any given day.
<b>Expectations</b>	By the end of the period, cadets should be able to show their understanding of duty watch responsibilities; and should be able to identify the watches and timings for them
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
<p>Cadets are encouraged to use the 24 Hour Clock when referring to timings. It is important to understand that the completion of duties is important to every ship and unit. The watch system is in place to ensure that those duties are completed and that all hands share the workload fairly.</p> <p>Watches and bells provide an efficient way for the members of a ship to easily track the time of day and when things must get done. At times, we use the system at cadets to order to maintain and practice naval tradition.</p>	
TESTING	
<p>Cadets should complete the Time Conversion Activity Sheet in their workbook and go over it collectively. The results will assist the instructor in determining the level of understanding.</p> <p>Promotion to Able Cadet requires the cadet to identify the watches and the times associated with them. They are also required to identify the watches and times associated with them. A group activity, such as a friendly competition between members of the class, should assist with the confirmation process.</p>	



LESSON PLAN	
<b>CTS 07 Naval Knowledge</b> <b>2.3 – Parts of a ship</b>	<b>Duration</b>
	<b>1 Period (45 Minutes)</b>
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Practical method.	
WHAT MATERIAL DO I NEED?	
1. Handouts	
INTRODUCTION	
<b>What?</b>	Cadets will learn about different parts of a ship and how they relate to you at the corps.
<b>Why?</b>	To acknowledge our naval traditions, we use terminology as if we were on a ship. These terms will come in useful during training.
<b>Expectations</b>	At the end of this lesson, cadets should understand the different watches and how bells are struck throughout the day.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
In the Navy League, we consider the building that we train in a ship. You are encouraged to use the terminology whenever applicable, and these terms are used whenever you are on the water.	
TESTING	
The cadets will be required to know the material before being promoted. A “fill in the blanks” activity sheet or practical activity (using a room as a mock ship) will confirm learning.	



INSTRUCTOR NOTES	
<b>CTS 07.3 Naval Knowledge</b> <b>Introduction to Communications</b>	<b>Duration</b>
	Not Applicable
INTRODUCTION	
<b>What?</b>	Instructors will get a brief history of communications
<b>Why?</b>	We use communications to pass messages between ships, between ship to shore and between persons on land.
<b>Expectations</b>	At the end of this group of lessons, cadets should be able to describe and use the different forms of Naval Communications
TEACHING POINTS	
<p align="center"><b>See Complete Instructor Notes on line</b></p> <p>Associated Lesson Plans:</p> <p>CTS 07.3.2.1v Introduction to Communications - Voice</p> <p>CTS 07.3.2.2v Communications Voice</p> <p>CTS 07.3.2.3v Voice Practice and Evaluations</p> <p>CTS 07.4.1m Introduction to Communications – Morse</p> <p>CTS 07.4.2.1m Morse Code A-G      CTS 07.4.2.2m Morse Code H-M</p> <p>CTS 07.4.2.3m Morse Code N-T      CTS 07.4.2.4m Morse Code U-Z</p> <p>CTS 07.4.2.5m Morse Code Practice and Evaluations</p> <p>CTS 07.4.1s Introduction to Communications – Semaphore</p> <p>CTS 07.4.2.1s Semaphore A-G      CTS 07.4.2.2s Semaphore H-M</p> <p>CTS 07.4.2.3s Semaphore N-T      CTS 07.4.2.4s Semaphore U-Z</p> <p>CTS 07.4.2.5s Semaphore Practice and Evaluations</p> <p>CTS 07.4.3 Bosun Call - The Pipe</p> <p>CTS 07.4.3.1 Bosun Call - The Notes</p> <p>CTS 07.4.3.2 Bosun Call - The Still and Carry-On</p>	
CONCLUSION	
The instructor should be familiar with all of the associated lesson plans	
TESTING	
There is no testing in associated with this document	

LESSON PLAN	
CTS 07 Naval Knowledge 3.1v – Introduction to Voice Communications	Duration
	3 Period (135 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approached should be using the Presentation and Practical Activity methods.	
WHAT MATERIAL DO I NEED?	
1. Laptop with PowerPoint 2. Projector 3. Teaching Points CTS 07.3v	4. Handouts 5. Two-way radios (if available)
INTRODUCTION	
What?	Introduction to voice communications
Why?	To give background knowledge of the topic
Expectations	At the end of the lesson, the cadet will understand the basics of voice communications
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
When instructing this class, keep in mind that you are basically teaching another language. Cadets with learning disabilities may require extra time to grasp concepts.	
TESTING	
Testing will be conducted on completion of all voice lessons	

LESSON PLAN	
<b>CTS 07 Naval Knowledge</b> <b>3.2.1v – Communications-Radio Voice Procedure</b>	<b>Duration</b>
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approached should be using the Presentation and Practical Activity methods.	
WHAT MATERIAL DO I NEED?	
1. Projector 2. Handouts 3. Teaching Points CTS 07.3v	4. Handouts 5. Two-way radios (if available)
INTRODUCTION	
<b>What?</b>	Introduction to voice communications
<b>Why?</b>	To give background knowledge of the topic
<b>Expectations</b>	At the end of the lesson, the cadet will understand the basics of voice communications
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
When instructing this class, keep in mind that you are basically teaching another language. Cadets with learning disabilities may require extra time to grasp concepts.	
TESTING	
Testing will be conducted on completion of all voice lessons	

LESSON PLAN	
<b>CTS 07 Naval Knowledge</b> <b>3.2.2v – Communications-Radio Operating Procedures - Voice</b>	Duration
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approached should be using the Presentation and Practical Activity methods.	
WHAT MATERIAL DO I NEED?	
1. Laptop with PowerPoint 2. Projector 3. Teaching Points CTS 07.3v	4. Handouts 5. Two-way radios (if available)
INTRODUCTION	
<b>What?</b>	Introduction to voice communications
<b>Why?</b>	To give background knowledge of the topic
<b>Expectations</b>	At the end of the lesson, the cadet will understand the basics of voice communications
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
When instructing this class, keep in mind that you are basically teaching another language. Cadets with learning disabilities may require extra time to grasp concepts.	
TESTING	
Testing will be conducted on completion of all voice lessons	

LESSON PLAN	
<b>CTS 07 Naval Knowledge</b> <b>3.2.3v – Communications- Call Signs, Numbers, and Discipline - Voice</b>	<b>Duration</b>
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approached should be using the Presentation and Practical Activity methods.	
WHAT MATERIAL DO I NEED?	
1. Laptop with PowerPoint 2. Projector 3. Teaching Points CTS 07.3v	4. Handouts 5. Two-way radios (if available)
INTRODUCTION	
<b>What?</b>	Introduction to voice communications
<b>Why?</b>	To give background knowledge of the topic
<b>Expectations</b>	At the end of the lesson, the cadet will understand the basics of voice communications
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
When instructing this class, keep in mind that you are basically teaching another language. Cadets with learning disabilities may require extra time to grasp concepts.	
TESTING	
Testing will be conducted on completion of all voice lessons	

LESSON PLAN	
<b>CTS 07 Naval Knowledge</b> <b>4.1s – Introduction to Semaphore Communications</b>	<b>Duration</b>
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approached should be using the Presentation and Practical Activity methods.	
WHAT MATERIAL DO I NEED?	
1. Laptop with PowerPoint 2. Projector 3. Teaching Points CTS 07.4s	4. Semaphore flags 5. Semaphore handouts
INTRODUCTION	
<b>What?</b>	Introduction to semaphore communications
<b>Why?</b>	To give background knowledge of the topic
<b>Expectations</b>	At the end of the lesson, the cadet will understand the basics of semaphore communications and be able to send messages to each other.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
When instructing this class, keep in mind that you are basically teaching another language. Cadets with learning disabilities may require extra time to grasp concepts.	
TESTING	
Testing will be conducted on completion of all semaphore lessons	

LESSON PLAN		
CTS 07 Naval Knowledge 4.2.1s – Semaphore Alpha - Golf		Duration
		1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD		
The approached should be using the Presentation and Practical Activity methods.		
WHAT MATERIAL DO I NEED?		
1. Laptop with PowerPoint 2. Projector 3. Teaching Points CTS 07.rs 4. Semaphore flags		5. Phonetic Alphabet handout 6. Semaphore handout 7. Semaphore wheels 8. Word list A – G
INTRODUCTION		
What?	Cadets will learn about the letters Alpha through Golf using semaphore.	
Why?	To acknowledge our naval traditions, we use this form of communications as if we were on a ship.	
Expectations	At the end of this lesson, cadets should be able to send and receive three and four letter words using the letters A through G.	
TEACHING POINTS		
On the National Web Site under Navy League Cadets and in Google Classroom		
CONCLUSION		
Cadets should be encouraged to use the phonetic alphabet when communicating letters. Stress that letters will look opposite when the cadet is receiving the letters		
TESTING		
Testing will be conducted on completion of all semaphore lessons		

LESSON PLAN	
<b>CTS 07 Naval Knowledge</b> <b>4.2.2s – Semaphore Hotel - Mike</b>	<b>Duration</b>
	<b>1 Period (45 Minutes)</b>
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approached should be using the Presentation and Practical Activity methods.	
WHAT MATERIAL DO I NEED?	
1. Laptop with PowerPoint 2. Projector 3. Teaching Points CTS 07.4s 4. Semaphore flags	5. Phonetic Alphabet handout 6. Semaphore handout 7. Semaphore wheels 8. Word list H – M
INTRODUCTION	
<b>What?</b>	Cadets will learn about the letters Hotel through Mike using semaphore.
<b>Why?</b>	To acknowledge our naval traditions, we use this form of communications as if we were on a ship.
<b>Expectations</b>	At the end of this lesson, cadets should be able to send and receive three and four letter words using the letters H through M.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
Cadets should be encouraged to use the phonetic alphabet when communicating letters. Stress that letters will look opposite when the cadet is receiving the letters	
TESTING	
Testing will be conducted on completion of all semaphore lessons	



LESSON PLAN		
CTS 07 Naval Knowledge 4.2.3s – Semaphore November - Tango		Duration
		1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD		
The approached should be using the Presentation and Practical Activity methods.		
WHAT MATERIAL DO I NEED?		
1. Laptop with PowerPoint 2. Projector 3. Teaching Points CTS 07.4s 4. Semaphore flags		5. Phonetic Alphabet handout 6. Semaphore handout 7. Semaphore wheels 8. Word list N – T
INTRODUCTION		
What?	Cadets will learn about the letters November through Tango using semaphore.	
Why?	To acknowledge our naval traditions, we use this form of communications as if we were on a ship.	
Expectations	At the end of this lesson, cadets should be able to send and receive three and four letter words using the letters N through T.	
TEACHING POINTS		
On the National Web Site under Navy League Cadets and in Google Classroom		
CONCLUSION		
Cadets should be encouraged to use the phonetic alphabet when communicating letters. Stress that letters will look opposite when the cadet is receiving the letters		
TESTING		
Testing will be conducted on completion of all semaphore lessons		

LESSON PLAN	
<b>CTS 07 Naval Knowledge</b> <b>4.2.4s – Semaphore November - Tango</b>	<b>Duration</b>
	<b>1 Period (45 Minutes)</b>
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approached should be using the Presentation and Practical Activity methods.	
WHAT MATERIAL DO I NEED?	
1. Laptop with PowerPoint 2. Projector 3. Semaphore flags 4. Teaching Points CTS 07.4s	5. Phonetic Alphabet handout 6. Semaphore handout 7. Semaphore wheels 8. Word list U – Z
INTRODUCTION	
<b>What?</b>	Cadets will learn about the letters November through Tango using semaphore.
<b>Why?</b>	To acknowledge our naval traditions, we use this form of communications as if we were on a ship.
<b>Expectations</b>	At the end of this lesson, cadets should be able to send and receive three and four letter words using the letters U through Z.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
Cadets should be encouraged to use the phonetic alphabet when communicating letters. Stress that letters will look opposite when the cadet is receiving the letters	
TESTING	
Testing will be conducted on completion of all semaphore lessons	

LESSON PLAN	
<b>CTS 07 Naval Knowledge</b> <b>4.2.5s – Semaphore Optional signals</b>	<b>Duration</b>
	<b>1 Period (45 Minutes)</b>
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approached should be using the Presentation and Practical Activity methods.	
WHAT MATERIAL DO I NEED?	
1. Laptop with PowerPoint 2. Projector 3. Teaching Points CTS 07.4s 4. Semaphore flags	5. Phonetic Alphabet Handout 6. Semaphore handout 7. Semaphore wheels
INTRODUCTION	
<b>What?</b>	Cadets will learn about the letters November through Tango using semaphore.
<b>Why?</b>	To acknowledge our naval traditions, we use this form of communications as if we were on a ship.
<b>Expectations</b>	At the end of this lesson, cadets should be able to send and receive the additional signals.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
Cadets should be encouraged to use the phonetic alphabet when communicating letters. Stress that letters will look opposite when the cadet is receiving the letters	
TESTING	
Testing will be conducted on completion of all semaphore lessons	

LESSON PLAN	
CTS 07 Naval Knowledge 4.1m – Introduction to Morse Code Communications	Duration
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approached should be using the Presentation and Practical Activity methods.	
WHAT MATERIAL DO I NEED?	
1. Laptop with PowerPoint 2. Projector 3. Morse Keys	4. NATO Alphabet Sign Signal Handout 5. Worksheet 1 & 2
INTRODUCTION	
What?	Introduction to morse code communications
Why?	To give background knowledge of the topic
Expectations	At the end of the lesson, the cadet will understand the basics of semaphore communications and be able to send messages to each other.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
When instructing this class, keep in mind that you are basically teaching another language. Cadets with learning disabilities may require extra time to grasp concepts	
TESTING	
Testing will be conducted on completion of all Morse Code lessons	

LESSON PLAN	
<b>CTS 07 Naval Knowledge</b> <b>4.2.1 m – Morse Code Alpha to Golf</b>	<b>Duration</b>
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Presentation and Practical Activity methods	
WHAT MATERIAL DO I NEED?	
1. Laptop with PowerPoint 2. Projector 3. Morse Keys	4. Morse Code Handout 5. Morse word list A – G
INTRODUCTION	
<b>What?</b>	Cadets will learn about the letters Alpha through Golf using Morse code.
<b>Why?</b>	To acknowledge our naval traditions, we use this form of communications as if we were on a ship.
<b>Expectations</b>	At the end of this lesson, cadets should be able to send and receive three and four letter words using the letters A through G.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
When instructing this class, keep in mind that you are basically teaching another language. Cadets with learning disabilities may require extra time to grasp concepts.	
TESTING	
Testing will be on completion of all the Morse Code lessons	

LESSON PLAN	
<b>CTS 07 Naval Knowledge</b> <b>4.2.2 m – Morse Code Hotel to Mike</b>	<b>Duration</b>
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Presentation and Practical Activity methods	
WHAT MATERIAL DO I NEED?	
1. Laptop with PowerPoint 2. Projector 3. Morse Keys	4. Morse Code Handout 5. Morse word list H – M
INTRODUCTION	
<b>What?</b>	Cadets will learn about the letters Hotel through Mike using Morse code.
<b>Why?</b>	To acknowledge our naval traditions, we use this form of communications as if we were on a ship.
<b>Expectations</b>	At the end of this lesson, cadets should be able to send and receive three and four letter words using the letters H through M.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
When instructing this class, keep in mind that you are basically teaching another language. Cadets with learning disabilities may require extra time to grasp concepts.	
TESTING	
Testing will be on completion of all Morse Code lessons	

LESSON PLAN	
<b>CTS 07 Naval Knowledge</b> <b>4.2.3 m – Morse Code November to Tango</b>	<b>Duration</b>
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Presentation and Practical Activity methods	
WHAT MATERIAL DO I NEED?	
1. Laptop with PowerPoint 2. Projector 3. Morse Keys	4. Morse Code Handout 5. Morse word list N – T
INTRODUCTION	
<b>What?</b>	Cadets will learn about the letters November through Tango using Morse code.
<b>Why?</b>	To acknowledge our naval traditions, we use this form of communications as if we were on a ship.
<b>Expectations</b>	At the end of this lesson, cadets should be able to send and receive three and four letter words using the letters N through T.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
When instructing this class, keep in mind that you are basically teaching another language. Cadets with learning disabilities may require extra time to grasp concepts.	
TESTING	
Testing will be on completion of all Morse Code lessons	

LESSON PLAN	
<b>CTS 07 Naval Knowledge</b> <b>4.2.4 m – Morse Code Uniform to Zulu and Error</b>	<b>Duration</b>
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Presentation and Practical Activity methods	
WHAT MATERIAL DO I NEED?	
1. Laptop with PowerPoint 2. Projector 3. Morse Keys	4. Morse Code Handout 5. Morse word list U – Z and Error
INTRODUCTION	
<b>What?</b>	Cadets will learn about the letters Uniform through Zulu and Error using Morse code.
<b>Why?</b>	To acknowledge our naval traditions, we use this form of communications as if we were on a ship.
<b>Expectations</b>	At the end of this lesson, cadets should be able to send and receive three and four letter words using the letters U through Z and Error
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
When instructing this class, keep in mind that you are basically teaching another language. Cadets with learning disabilities may require extra time to grasp concepts.	
TESTING	
Testing will be on completion of all Morse Code lessons	



<b>LESSON PLAN</b>	
<b>CTS 07 Naval Knowledge - Optional</b> <b>4.2.5 m – Morse Code Zero to Nine</b>	<b>Duration</b>
	1 Period (45 Minutes)
<b>WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD</b>	
The approach should be using the Presentation and Practical Activity methods	
<b>WHAT MATERIAL DO I NEED?</b>	
1. Laptop with PowerPoint 2. Projector 3. Morse Keys	4. Morse Code Handout 5. Morse word list Zero to Nine
<b>INTRODUCTION</b>	
<b>What?</b>	Cadets will learn about the letters Zero through Nine using Morse code.
<b>Why?</b>	To acknowledge our naval traditions, we use this form of communications as if we were on a ship.
<b>Expectations</b>	At the end of this lesson, cadets should be able to send and receive three and four letter words using the letters 0 through 9 and Error
<b>TEACHING POINTS</b>	
On the National Web Site under Navy League Cadets and in Google Classroom	
<b>CONCLUSION</b>	
When instructing this class, keep in mind that you are basically teaching another language. Cadets with learning disabilities may require extra time to grasp concepts.	
<b>TESTING</b>	
There is no test for this optional lesson	

LESSON PLAN	
<b>CTS 07 Naval Knowledge</b> <b>4.3 m – Morse Code Practice and Evaluation</b>	<b>Duration</b>
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
This is an evaluation of skills which should be approached using the Presentation and Evaluation methods.	
WHAT MATERIAL DO I NEED?	
1. Morse Keys 2. Nato Alphabet Sign Signal Handout	3. Morse word list Alpha thru Zulu and Error 4. Work Sheets 1 & 2
INTRODUCTION	
<b>What?</b>	Cadets will reinforce their knowledge of the letters Alpha through Zulu and Error using Morse code.
<b>Why?</b>	To acknowledge our naval traditions, we use this form of communications as if we were on a ship.
<b>Expectations</b>	This lesson is to practice CTS 07.2.1 thru 07.2.4 and evaluate the training.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
When instructing this class, keep in mind that you are basically teaching another language. Cadets with learning disabilities may require extra time to grasp concepts.	
TESTING	
Students should be able to send and receive a short message using the lessons taught.	

LESSON PLAN	
CTS 07 Naval Knowledge 4.4.1BC – Boatswain Call (Introduction)	Duration
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Presentation and Practical Activity methods	
WHAT MATERIAL DO I NEED?	
1. Laptop with PowerPoint 2. Projector	3. Boatswain Pipe 4. Boatswain Pipe handout
INTRODUCTION	
What?	Introduction to the Boatswain pipe
Why?	To give background knowledge of the topic
Expectations	At the end of the lesson, the cadet will be able to recognize the parts of the pipe and blow a high and low note
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
It is important that cadets feel comfortable using the Boatswain’s Call, as they may be called upon at any time to use it.	
TESTING	
The cadet is required to perform pipes using a Boatswain’s Call. Cadets should get plenty of practice time prior to formal assessments. Testing will be on completion of all Bosun Call lessons	

LESSON PLAN	
CTS 07 Naval Knowledge 4.4.2BC – Boatswain Call (Basic Pipes)	Duration
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Presentation and Practical Activity methods	
WHAT MATERIAL DO I NEED?	
1. Laptop with PowerPoint 2. Projector	3. Boatswain Pipe 4. Boatswain Pipe handout
INTRODUCTION	
What?	Introduction to the Boatswain pipe
Why?	To give background knowledge of the topic
Expectations	At the end of the lesson, the cadet will be able to recognize the parts of the pipe and blow a high and low note
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
It is important that cadets feel comfortable using the Boatswain’s Call, as they may be called upon at any time to use it.	
TESTING	
The cadet is required to perform pipes using a Boatswain’s Call. Cadets should get plenty of practice time prior to formal assessments. Testing will be on completion of all Bosun Call lessons	

LESSON PLAN	
<b>CTS 07 Naval Knowledge</b> <b>4.4.3BC – Boatswain Call (Optional Pipes)</b>	<b>Duration</b>
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Presentation and Practical Activity methods	
WHAT MATERIAL DO I NEED?	
1. Laptop with PowerPoint 2. Projector	3. Boatswain Pipe 4. Boatswain Pipe handout
INTRODUCTION	
<b>What?</b>	Introduction to the Boatswain pipe
<b>Why?</b>	To give background knowledge of the topic
<b>Expectations</b>	At the end of the lesson, the cadet will be able to pipe the General Call and Pipe the Side
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
It is important that cadets feel comfortable using the Boatswain's Call, as they may be called upon at any time to use it.	
TESTING	
There is no testing as this is an optional lesson.	



# **NAVY LEAGUE CADET TRAINING PROGRAM**

## **CTS 08      Leadership**

LESSON PLAN	
<b>CTS 08 Leadership</b> <b>5.1 – Definition and Meaning of Leadership</b>	<b>Duration</b>
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Presentation and Role Playing methods.	
WHAT MATERIAL DO I NEED?	
1. Laptop with PowerPoint 2. Projector 3. Teaching Points CTS 08 (5.1 & 2)	4. Pen or Pencil 5. Paper
INTRODUCTION	
<b>What?</b>	In this period, cadets will learn the definition of leadership and the meaning of leadership.
<b>Why?</b>	This information provides the cadets with a basic introduction to leadership of which they will be able to apply when placed in a leadership position.
<b>Expectations</b>	Cadets will be expected to be able to take charge of a group of cadets through a task using the proper leadership tasks.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
When placed in a leadership role, it is important for you (as the leader) to think about the situation. Ineffective leadership will eventually prevent you from getting the followers to complete any task.	
TESTING	
At some point, cadets in level 5 training should be placed in a leadership position (i.e. Divisional Petty Officer) and assessed by the instructor.	



LESSON PLAN	
<b>CTS 08 Leadership</b> <b>5.2 – Styles of Leadership</b>	<b>Duration</b>
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Presentation and Role Playing methods.	
WHAT MATERIAL DO I NEED?	
1. Laptop with PowerPoint 2. Projector 3. Teaching Points CTS 08 (5.1 & 2)	4. Pen or Pencil 5. Paper
INTRODUCTION	
<b>What?</b>	In this period, cadets will learn the different styles of leadership.
<b>Why?</b>	This information provides the cadets with a basic introduction to leadership of which they will be able to apply when placed in a leadership position.
<b>Expectations</b>	Cadets will be expected to be able to take charge of a group of cadets through a task using the proper leadership tasks.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
When placed in a leadership role, it is important for you (as the leader) to think about the situation and then use the proper leadership style. Ineffective leadership will eventually prevent you from getting the followers to complete any task.	
TESTING	
At some point, cadets in level 5 training should be placed in a leadership position (i.e. Divisional Petty Officer) and assessed by the instructor.	

LESSON PLAN	
<b>CTS 08 Leadership</b> <b>5.3 – Principles of Leadership</b>	<b>Duration</b>
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Presentation and Role Playing methods.	
WHAT MATERIAL DO I NEED?	
1. Laptop with PowerPoint 2. Projector 3. Teaching Points CTS 08 (5.3 & 4)	4. Pen or Pencil 5. Paper
INTRODUCTION	
<b>What?</b>	In this period, cadets will learn the principles of leadership.
<b>Why?</b>	This information provides the cadets with a basic introduction to leadership of which they will be able to apply when placed in a leadership position.
<b>Expectations</b>	Cadets will be expected to be able to take charge of a group of cadets through a task using the proper leadership tasks.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
Remind cadets that these Principles are guidelines, and not rules. There may be instances when you cannot always follow all 10 Principles (i.e. Know Your Cadets). With more experience in a leadership position, these Principles will help shape cadets into the type of leader that is effective during cadet activities and elsewhere.	
TESTING	
Although there is no requirement for a written evaluation, cadets should have the opportunity to act in a leadership role during cadet activities. Cadets should be informed when the Principles are not being followed, and then have the opportunity to correct the situation.	

LESSON PLAN	
<b>CTS 08 Leadership</b> <b>5.4 – Characteristics of a Leader</b>	<b>Duration</b>
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Presentation and Role Playing methods.	
WHAT MATERIAL DO I NEED?	
1. Laptop with PowerPoint 2. Projector 3. Teaching Points CTS 08 (5.3 & 4)	4. Pen or Pencil 5. Paper
INTRODUCTION	
<b>What?</b>	In this period, cadets will learn the characteristics of a leader.
<b>Why?</b>	The Characteristics of a Leader can be used as a guideline for beginning leaders to use as reference.
<b>Expectations</b>	The cadet is expected to act in a leadership role and display knowledge the Characteristics of a Leader.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
A leader can possess many qualities and characteristics, but there are certain qualities that will set them apart from their peers. By using these ten leadership characteristics, you will gain the respect of your followers and therefore will be able to lead more effectively and be more successful.	
TESTING	
Although there is no requirement for a written evaluation, cadets should have the opportunity to act in a leadership role during cadet activities. Cadets should be informed when the characteristics are not being followed, and then have the opportunity to correct the situation.	

LESSON PLAN	
<b>CTS 08 Leadership</b> <b>5.5 – Setting an Example</b>	<b>Duration</b>
	2 Period (90 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Presentation and Role Playing methods.	
WHAT MATERIAL DO I NEED?	
1. Laptop with PowerPoint 2. Projector 3. Teaching Points CTS 08 (5.5)	4. Pen or Pencil 5. Paper
INTRODUCTION	
<b>What?</b>	During this lesson, cadets will learn how to Set an Example
<b>Why?</b>	As leaders, those under your charge look to you for advice, guidance, and direction on how to act and behave. It is your responsibility to set the best and highest standard possible so that your cadets will mirror your actions.
<b>Expectations</b>	Cadets will be expected to be able to take charge of a group of cadets and take charge as an example of what to do
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
<p>Everything that you do sets an example for cadets to follow. If you complain about the work that you have to do, you are really giving permission for your cadets to complain about the work that you would like them to do.</p> <p>In leadership, there is NO such thing as “Do what I say but not what I do.”</p>	
TESTING	
Although there is no requirement for a written evaluation, cadets should have the opportunity to act in a leadership role during cadet activities. Cadets should be informed when the characteristics are not being followed, and then have the opportunity to correct the situation.	

LESSON PLAN	
<b>CTS 08 Leadership</b> <b>5.6.1 – Instructional Techniques</b>	<b>Duration</b>
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Presentation and Role Playing methods.	
WHAT MATERIAL DO I NEED?	
1. Laptop with PowerPoint 2. Projector 3. Teaching Points CTS 08 (5.6)	4. Pen or Pencil 5. Paper
INTRODUCTION	
<b>What?</b>	During this lesson, cadets will be exposed to instructional techniques. By the end of this lesson the cadet shall have explained the principles of instruction and how they are applied when planning and instructing a lesson
<b>Why?</b>	It is hoped that in the future, the cadet will be able to instruct classes not only as a cadet but in their future endeavours
<b>Expectations</b>	Cadets will have the ability to teach others in a structured manner
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
Teaching Instructional Techniques is not a simple task. Many people are not suited to become instructors and are unable to apply the techniques in a clear manner. It is hoped that this class will give the cadets a basis to become instructors.	
TESTING	
Although there is no requirement for a written evaluation, cadets should have the opportunity to instruct classes.	

LESSON PLAN	
<b>CTS 08 Leadership</b> <b>5.6.2 – Instructional Techniques</b>	<b>Duration</b>
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Presentation and Role Playing methods.	
WHAT MATERIAL DO I NEED?	
1. Laptop with PowerPoint 2. Projector 3. Teaching Points CTS 08 (5.6)	4. Pen or Pencil 5. Paper
INTRODUCTION	
<b>What?</b>	During this lesson, cadets will be exposed to instructional techniques. By the end of this lesson the cadet shall have explained the principles of instruction and how they are applied when planning and instructing a lesson
<b>Why?</b>	It is hoped that in the future, the cadet will be able to instruct classes not only as a cadet but in their future endeavours
<b>Expectations</b>	Cadets will have the ability to teach others in a structured manner
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
Teaching Instructional Techniques is not a simple task. Many people are not suited to become instructors and are unable to apply the techniques in a clear manner. It is hoped that this class will give the cadets a basis to become instructors.	
TESTING	
Although there is no requirement for a written evaluation, cadets should have the opportunity to instruct classes.	

LESSON PLAN	
<b>CTS 08 Leadership</b> <b>5.6.3 – Instructional Techniques</b>	<b>Duration</b>
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Presentation and Role Playing methods.	
WHAT MATERIAL DO I NEED?	
1. Laptop with PowerPoint 2. Projector 3. Teaching Points CTS 08 (5.6)	4. Pen or Pencil 5. Paper
INTRODUCTION	
<b>What?</b>	During this lesson, cadets will be exposed to instructional techniques. By the end of this lesson the cadet shall have explained the principles of instruction and how they are applied when planning and instructing a lesson
<b>Why?</b>	It is hoped that in the future, the cadet will be able to instruct classes not only as a cadet but in their future endeavours
<b>Expectations</b>	Cadets will have the ability to teach others in a structured manner
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
Teaching Instructional Techniques is not a simple task. Many people are not suited to become instructors and are unable to apply the techniques in a clear manner. It is hoped that this class will give the cadets a basis to become instructors.	
TESTING	
Although there is no requirement for a written evaluation, cadets should have the opportunity to instruct classes.	

LESSON PLAN	
<b>CTS 08 Leadership</b> <b>5.7 – Teaching a Class</b>	<b>Duration</b>
	3 Period (135 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Presentation, Discussion and Role Playing methods.	
WHAT MATERIAL DO I NEED?	
1. Projector 2. Pen or Pencil 3. Paper	4. Handout 5. Selection of Classes
INTRODUCTION	
<b>What?</b>	During this lesson, cadets demonstrate their ability to teach a class.
<b>Why?</b>	As senior cadets, the cadet should be able to assist the Staff in the teaching of a class.
<b>Expectations</b>	Cadets will be expected to be able teach a simple class to a group of students.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
<p>Everything that you do sets an example for cadets to follow. If you complain about the work that you have to do, you are really giving permission for your cadets to complain about the work that you would like them to do.</p> <p>In leadership, there is NO such thing as “Do what I say but not what I do.”</p>	
TESTING	
Although there is no requirement for a written evaluation, cadets should have the opportunity to act in a leadership role during cadet activities. Cadets should be informed when the characteristics are not being followed, and then have the opportunity to correct the situation.	



LESSON PLAN	
<b>CTS 08 Leadership</b> <b>6.1 Public Speaking</b> (Developed by Alberta Division)	<b>Duration</b>
	Each lesson is 1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Presentation and Guided Discovery methods.	
WHAT MATERIAL DO I NEED?	
As per the on-line documentation – CTS 08 Public Speaking	
INTRODUCTION	
<b>What?</b>	Cadets will learn about public speaking
<b>Why?</b>	Being able to communicate is one of the most important skills anyone can develop. It allows us to form connections, influence decisions, and motivate change.
<b>Expectations</b>	At the end of this period, cadets should have an understanding of the use of public speaking.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
This is a new concept for many people and not just cadets. Ensure that the cadets enjoy their experience	
TESTING	
There is no testing for this topic.	



# **NAVY LEAGUE CADET TRAINING PROGRAM**

## **CTS 09      Divisional Officer Periods**

Instructor Notes	
CTS 09 Divisional Officer Period and Assessments	Duration
	Various
WHAT SHOULD BE ACCOMPLISHED DURING THESE PERIODS	
This time should be set aside to take time to get to know the cadets and assist them with any training issues.	
WHY	
Sometimes with large corps, it is hard for the Officers to get to know the cadets and ensure that each is getting the training assistance they require.	
EXPECTATIONS	
The Officer will spend some time with each cadet.	
CONCLUSION	
All cadets require some one-on-one time with the Divisional Officer. This time will ensure that all cadets, not just the ones that seem to need the most assistance, get the time with the instructor to show that they are important also	
TESTING	
There is no testing for this topic however the Divisional Officer should ensure notes are taken on each cadet. These notes are not to be used for punitive action but to assist each cadet with training	

# **NAVY LEAGUE CADET TRAINING PROGRAM**

## **CTS 10      Recreation/Sports and Evaluation**

Instructor Notes	
CTS 10 Recreation / Sports	Duration
	Various
WHAT SHOULD BE ACCOMPLISHED DURING THESE PERIODS	
<p>The theory behind the Recreation and Sports periods is to provide the cadets with fun activities that reinforce all aspects of training. Ideally, most of these periods should be organized by the Training Officer and conducted by divisions. These periods can take the form of friendly competitions towards a Cock of the Walk, Divisional projects, Divisional Officer Periods, etc.</p>	
WHY	
<p>Keeping cadets in a classroom atmosphere is not the basis of the Navy League Cadet movement. Youth require time to burn off energy and have fun with all members of the Corps, both Cadets and Officers.</p>	
EXPECTATIONS	
<p>HAVE FUN!!</p>	
CONCLUSION	
<p>Make sure the recreation and sports time is both fun and organized. Safety is paramount.</p>	
TESTING	
<p>There is no testing for this topic.</p>	

# **NAVY LEAGUE CADET TRAINING PROGRAM**

## **CTS 11      Optional Training**

Training Officer Notes	
CTS 11 Optional Training	Duration
	As required by topic
WHAT TRAINING IS AVAILABLE	
This training should be lessons that are not in the CTS. There are lesson plans available for some of the training. Permission must be obtained from the National Officer prior to any type of activity not already authorized.	
WHAT MATERIAL DO I NEED?	
As per the on-line documentation	
INTRODUCTION	
<b>What?</b>	This time is to have the cadets learn something not necessarily directly related to Navy League Cadets.
<b>Why?</b>	This offers a break from the directed training. Each corps / division will have different venues available to them.
<b>Expectations</b>	The cadets should have a new experience.
TEACHING POINTS	
On the National Web Site under Navy League Cadets and in Google Classroom	
CONCLUSION	
All lesson plans will be posted on the National Web site. No lesson plans are enclosed in this document.	
TESTING	
There is no testing for this topic.	





# **NAVY LEAGUE CADET TRAINING PROGRAM**

## **CTS 12      Introduction to Sea, Army and Air Cadets**

Instructional Notes	
<b>CTS 12 Introduction to Cadets</b> <b>6.1 – Introduction to Sea Cadets</b>	Duration
	One training day / evening
WHY THIS TIME IS IMPORTANT	
<p>The cadet should go to the local Sea Cadet corps for the complete training day. They are to be accompanied by a NL Officer during this time.</p> <p>This time will provide the cadets with a basic introduction to Sea Cadet program to let them determine if this is the next step in their cadet career.</p> <p>It is hoped that the parent/guardian of the cadet will attend so that they too can get an understanding of this program.</p> <p>The Commanding Officer must liaise with the local Sea Cadet Commanding Officer to ensure that this can take place. Once this has been established, the two Training Officers should liaise to ensure that a good date is set that would give the Navy League Cadet the best exposure to the Sea Cadet program.</p> <p>Topics that should be explained to the Cadet are:</p> <ul style="list-style-type: none"> <li>➤ The local training program with hours of training (day of month and time);</li> <li>➤ The summer training programs; and</li> <li>➤ Optional training available.</li> </ul>	
EXPECTATIONS OF THE CADET	
<p>The is no testing for this CTS however the Cadets will be expected to attend the training time and bring back information to share with the corps during CTS 12.6.4</p>	

Instructional Notes	
<b>CTS 12 Introduction to Cadets</b> <b>6.2 – Introduction to Army Cadets</b>	Duration
	One training day / evening
WHY THIS TIME IS IMPORTANT	
<p>The cadet should go to the local Army Cadet corps for the complete training day. They are to be accompanied by a NL Officer during this time.</p> <p>This time will provide the cadets with a basic introduction to Army Cadet program to let them determine if this is the next step in their cadet career.</p> <p>It is hoped that the parent/guardian of the cadet will attend so that they too can get an understanding of this program.</p> <p>The Commanding Officer must liaise with the local Army Cadet Commanding Officer to ensure that this can take place. Once this has been established, the two Training Officers should liaise to ensure that a good date is set that would give the Navy League Cadet the best exposure to the Army Cadet program.</p> <p>Topics that should be explained to the Cadet are:</p> <ul style="list-style-type: none"> <li>➤ The local training program with hours of training (day of month and time);</li> <li>➤ The summer training programs; and</li> <li>➤ Optional training available.</li> </ul>	
EXPECTATIONS OF THE CADET	
<p>The is no testing for this CTS however the Cadets will be expected to attend the training time and bring back information to share with the corps during CTS 12.6.4</p>	

Instructional Notes	
<b>CTS 12 Introduction to Cadets</b> <b>6.3 – Introduction to Air Cadets</b>	Duration
	One training day / evening
WHY THIS TIME IS IMPORTANT	
<p>The cadet should go to the local Air Cadet corps for the complete training day. They are to be accompanied by a NL Officer during this time.</p> <p>This time will provide the cadets with a basic introduction to Air Cadet program to let them determine if this is the next step in their cadet career.</p> <p>It is hoped that the parent/guardian of the cadet will attend so that they too can get an understanding of this program.</p> <p>The Commanding Officer must liaise with the local Air Cadet Commanding Officer to ensure that this can take place. Once this has been established, the two Training Officers should liaise to ensure that a good date is set that would give the Navy League Cadet the best exposure to the Air Cadet program.</p> <p>Topics that should be explained to the Cadet are:</p> <ul style="list-style-type: none"> <li>➤ The local training program with hours of training (day of month and time);</li> <li>➤ The summer training programs; and</li> <li>➤ Optional training available.</li> </ul>	
EXPECTATIONS OF THE CADET	
<p>The is no testing for this CTS however the Cadets will be expected to attend the training time and bring back information to share with the corps during CTS 12.6.4</p>	

LESSON PLAN	
<b>CTS 12 Introduction to Cadets</b> <b>6.4 – Corps briefing</b>	<b>Duration</b>
	1 Period (45 Minutes)
WHAT TEACHING METHOD IS SUITABLE FOR THIS PERIOD	
The approach should be using the Presentation and Discussion method.	
WHAT MATERIAL DO I NEED?	
1. Laptop with PowerPoint 2. Projector	3. Handouts
INTRODUCTION	
<b>What?</b>	Cadets will brief the corps on their experience with the senior cadet corps they visited.
<b>Why?</b>	This will inform the corps of what is presented to them if they join one of the three senior Cadet corps.
<b>Expectations</b>	The cadets should be prepared for questions of the presentation.
TEACHING POINTS	
The cadets shall inform the corps of the following: <ul style="list-style-type: none"> <li>➤ A summary of the local training program of each element;</li> <li>➤ A summary of the summer training programs; and</li> <li>➤ A summary of any optional training.</li> </ul>	
CONCLUSION	
The Training Officer should assist the cadet in their presentation.	
TESTING	
There is no testing for this lesson plan	