Junior Cadet

Phase Training

**Phase 3**

Junior Cadet 1st Class – Leading Junior Cadet



Syllabus Contents

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| --- | --- |
| Ph3.1 | Unit Organisation |
| Ph3.2 | Piping |
| Ph3.3 | Communications |
| Ph3.4 | Seamanship |
| Ph3.5 | Ranks and Rates of the NCF |
| Ph3.6 | Loyalty, Obedience and Discipline |
| Ph3.7 | Drill |
| Ph3.8 | Sea Terms |
| Ph3.9 | Physical Training |
| Ph3.10 | Water Safety |
| Ph3.11 | Sufficient Water Time |
| Ph3.12 | Leadership |
| Ph3.13 | Basic Weapons handling |
| Ph3.14 | Navy History |
| Ph3.15 | Expedition Planning |
| Ph3.16 | Recruitment |
| Ph3.17  Ph3.18Ph3.19 | Fundraising  Health and Safety  Health and Hygiene |

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| **MODULE : UNIT ORGANISATION** | **Ph3.1** |
| **CONTENTS:**   1. Explain unit chain of command in more depth, and the roles within the chain of command. 2. Commanding Office, 1st Lieutenant and Detachment Commander. 3. HODs 4. Senior Cadets. 5. Explain Unit committee and the roles and responsibilities they have. 6. Explain how the unit is run, explaining: 7. Admin/Ships office 8. Training | |
| **Sign and date on completion of each subject**   |  | | --- | | a | | b | | c | | |
| **VISUAL AIDS / INSTRUCTOR NOTES:** | |

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| **MODULE : PIPING** | **Ph3.2** |
| **CONTENTS:**  TEACH:   1. 3 basic Piping Calls: 2. Still 3. Carry On 4. General Call 5. Cadet must be able to demonstrate all 3 Calls. 6. Cadet must be able to explain when and why each call is used. | |
| **Sign and date on completion of each subject**   |  | | --- | | a | | b | | C | | |
| **VISUAL AIDS / INSTRUCTOR NOTES:** | |

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| **MODULE : COMMUNICATIONS** | **Ph3.3** |
| **CONTENTS:** | |
| **Sign and date on completion of each subject**   |  | | --- | | a | | b | | C | | |
| **VISUAL AIDS / INSTRUCTOR NOTES:** | |

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| **MODULE : SEAMANSHIP** | **Ph3.4** |
| **CONTENTS:**   1. Teach: 2. Bowline 3. Faking 4. Explain how seamanship equipment should be stowed away correctly. 5. Cadet must be able to demonstrate and explain how each of the following is used: 6. Figure of eight 7. Reef knot 8. Clove Hitch 9. Round Turn 2 half hitches | |
| **Sign and date on completion of each subject**   |  | | --- | | a | | b | | |
| **VISUAL AIDS / INSTRUCTOR NOTES:**  Cadet can bypass this lesson is they have gained 3rd class seamanship specialisation. | |

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| **MODULE : RANKS AND RATES NCF** | **Ph3.5** |
| **CONTENTS:**   1. Teach all Ranks and Rates within the NCF.   i)Blue Jackets  ii)Marines   1. Teach what the equivalents are. | |
| **Sign and date on completion of each subject**   |  | | --- | | a | | b | | |
| **VISUAL AIDS / INSTRUCTOR NOTES:** | |

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| **MODULE : LOYALTY, OBEDIENCE AND DISCIPLINE** | **Ph3.6** |
| **CONTENTS:**   1. Explain what Loyalty means. 2. Importance of being Loyal to our Unit. 3. Importance of Loyalty to NCF. 4. Explain what Obedience means. Include why this is important. 5. Explain what Discipline means. Include why this is important. | |
| **Sign and date on completion of each subject**   |  | | --- | | a | | b | | c | | |
| **VISUAL AIDS / INSTRUCTOR NOTES:** | |

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| **MODULE : DRILL** | **Ph3.7** |
| **CONTENTS:**   1. Cadet must be able to perform all of the following static drill movements: 2. Dressing with Half arm intervals 3. Paces forward/back/left/right 4. Cadet must be able to perform the following Interval Drill movements: 5. Changing step 6. About turn 7. Eyes left/right 8. Cadet must be able to take a squad comfortably, without being prompted on what to do, this must include: 9. Falling cadets into the right positions. 10. Bring to attention and standing at ease. 11. Dressing off 12. Reporting divisions | |
| **Sign and date on completion of each subject**   |  | | --- | | a | | b | | c | | |
| **VISUAL AIDS / INSTRUCTOR NOTES:** | |

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| **MODULE : SEATERMS** | **Ph3.8** |
| **CONTENTS:**   1. Teach more advanced Sea Terms (see Lesson plan) | |
| **Sign and date on completion of each subject**   |  | | --- | | a | | |
| **VISUAL AIDS / INSTRUCTOR NOTES:** | |

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| **MODULE : PHYSICAL TRAINING** | **Ph3.9** |
| **CONTENTS:**   1. Cadet must participate in at least 50% of PT sessions within the Unit 2. Cadet must participate in a PT session as Team leader. 3. Cadet must prove they can work individually and also as part of a team. | |
| **Sign and date on completion of each subject**   |  | | --- | | a | | b | | c | | |
| **VISUAL AIDS / INSTRUCTOR NOTES:** | |

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| **MODULE : WATER SAFETY** | **Ph3.10** |
| **CONTENTS:**   1. Complete annual water safety 2. What to wear 3. How to behave | |
| **Sign and date on completion of each subject**   |  | | --- | | a | | |
| **VISUAL AIDS / INSTRUCTOR NOTES:** | |

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| **MODULE : SUFFICIENT WATER TIME** | **Ph3.11** |
| **CONTENTS:**   1. Cadet must participate in a sufficient amount of time on the water. | |
| **Sign and date on completion of each subject**   |  | | --- | | a | | |
| **VISUAL AIDS / INSTRUCTOR NOTES:** | |

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| **MODULE : LEADERSHIP** | **Ph3.12** |
| **CONTENTS:**   1. This consists of an overall view of Cadet Leadership skills including team activities and out on the deck taking a squad. 2. Cadet to complete an activity as a team leader: 3. Are they a fair Leader? 4. Do they communicate well with the team? 5. Can they take charge? Do other cadets listen? | |
| **Sign and date on completion of each subject**   |  | | --- | | a | | b | | |
| **VISUAL AIDS / INSTRUCTOR NOTES:** | |

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| **MODULE : BASIC WEAPONS HANDLING** | **Ph3.13** |
| **CONTENTS:**   1. Basic weapons safety 2. Basic weapons Handling. | |
| **Sign and date on completion of each subject**   |  | | --- | | a | | b | | c | | |
| **VISUAL AIDS / INSTRUCTOR NOTES:**  Must be taught by qualified member of staff. (See Training Officer). | |

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| **MODULE : NAVY HISTORY** | **Ph3.14** |
| **CONTENTS:**   1. A significant date in Naval history, explain why this date is important. 2. Cadet must be able to give a short presentation on the date and its importance. | |
| **Sign and date on completion of each subject**   |  | | --- | | a | | b | | |
| **VISUAL AIDS / INSTRUCTOR NOTES:** | |

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| **MODULE : EXPEDTION PLANNING** | **Ph3.15** |
| **CONTENTS:**   1. Explain what is needed when planning an Expedition. 2. Explain How to Plan an Expedition. 3. Where and when 4. What is needed 5. Plan Route | |
| **Sign and date on completion of each subject**   |  | | --- | | a | | b | | |
| **VISUAL AIDS / INSTRUCTOR NOTES:** | |

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| **MODULE : RECRUITMENT** | **Ph3.16** |
| **CONTENTS:**   1. Cadet must participate in a sufficient amount of recruitment activities. 2. Cadet must be able to give 3 examples of ways in which we recruit new cadets/ Different events/ Advertisement. 3. Cadets to make a Recruitment poster, advertising our unit and the different activities that we do. | |
| **Sign and date on completion of each subject**   |  | | --- | | a | | b | | c | | |
| **VISUAL AIDS / INSTRUCTOR NOTES:** | |

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| **MODULE : FUNDRAISING** | **Ph3.17** |
| **CONTENTS:**   1. Cadet must participate in a sufficient amount of Fundraising activities. 2. Cadet must be able to give 3 examples of the different types of fundraising the unit does. 3. Cadet must be able to give a short presentation on the different types of fundraising and why fundraising is important to our Unit. | |
| **Sign and date on completion of each subject**   |  | | --- | | a | | b | | c | | |
| **VISUAL AIDS / INSTRUCTOR NOTES:** | |

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| **MODULE : HEALTH AND SAFETY** | **Ph3.18** |
| **CONTENTS:**   1. Understanding the different types of health and safety, out on the water, out on the field and inside the unit. 2. Be able to easily identify risks and hazards. 3. Cadet Must give a short presentation about Health and Safety in one of the following environments: 4. In the Unit 5. In the Field 6. On the Water | |
| **Sign and date on completion of each subject**   |  | | --- | | a | | b | | c | | |
| **VISUAL AIDS / INSTRUCTOR NOTES:** | |

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| **MODULE : HEALTH AND HYGIENE** | **Ph3.19** |
| **CONTENTS:**   1. The importance personal health and hygiene is important 2. Showering 3. Deodorants 4. Clean clothes 5. The importance of maintaining a clean environment at Cadets, and in their personal lives. | |
| **Sign and date on completion of each subject**   |  | | --- | | a | | b | | |
| **VISUAL AIDS / INSTRUCTOR NOTES:** | |