

Ridge Point High School

**Marine Corps Junior
Reserve Officers' Training Corps**



**LEADERSHIP EDUCATION I
(LE 1)
(2021-2022 SYLLABUS)**

WEEKLY SUMMARY OVERVIEW

DAY OF THE WEEK	Basic Overview
MONDAY	
Drill	Cadets will be required to bring comfortable shoes and appropriate clothing in order to execute proper drill movements. In addition, cadets maybe subject to uniform inspections on this date.
TUESDAY	
Academics	Cadets will receive the class based off their respective Syllabus.
WEDNESDAY	
Academics	Cadets will receive the class based off their respective Syllabus.
THURSDAY	
Marksmanship	All Cadets will participate in Marksmanship training. Cadets must wear appropriate clothing in order to fire.
Friday	
Physical Fitness	All Cadets will participate in Marksmanship training. Cadets must wear appropriate clothing in order to paritacpte in during PT. Failure to do so may result in receiving a zero for the day.

Students are highly encouraged to reachout to one of the instructors if any issues or questions arise prior to ariving in class.

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Training Day	CATEGORY/SKILL	DESCRIPTION	Dates	Unit Overview
1	C5-S1-T1	Introduction to MCJROTC Leadership Education	17-Aug	Students will be introduced the pillars that make up the MCJROTC Curriculum.
2	C5-S1-T2	MCJROTC Unit Organization	18-Aug	The purpose of this lesson is to make you aware of the organizational elements of a MCJROTC Unit. As a MCJROTC cadet, you should be familiar with the MCJROTC chain of command and organization and the principles inherent in that organization.
3	C5-S8-T1-L1	History of Marksmanship	19-Aug	This lesson introduces you to the historic applications of marksmanship and its current application as a sport.
4	C3-S1-T1	Physical Fitness Training-The Daily Sixteen	20-Aug	Despite the differences in definitions, physical fitness has several benefits for everyone. Among these benefits are improved muscle tone, cardio-respiratory endurance, and flexibility. People also achieve body weight regulation, improved quality of sleep, and reduced mental tension and emotional stress.
5	C5-S2-T1-L1	History of Drill	23-Aug	This lesson introduces you to the history of drill. You will learn how the Romans brought drill into the battlefield, and how the Continental Army enlisted the help of Baron von Steuben to improve the battle readiness of the troops.
6	C5-S1-T3	Requirements for MCJROTC Participation	24-Aug	This lesson identifies the requirements for participation in the MCJROTC program. You will learn about enrollment, citizenship, and physical fitness requirements for participation in the MCJROTC program.
7	C5-S1-T4	The Benefits for Successful Completion of MCJROTC	25-Aug	This lesson identifies the benefits of successful completion of the MCJROTC program. It provides information on promotion potential in the military, advance placement in Senior ROTC programs, and the potential for early application to Marine Corps Platoon Leaders Class.
8	C5-S8-T1-L2	Firearm Safety and Safe Range Operation	26-Aug	This lesson introduces you to the main parts of the air rifle and the safest way in which to use it.
9	C3-S1-T1	Physical Fitness Training-The Daily Sixteen	27-Aug	Cadets will be given an physical assessment in order to determine fitness level while identifying any potential health issues.

10	C5-S2-T1-L2	Introduction to Drill	30-Aug	<p>This lesson reviews the purposes and objectives of close order drill, and introduces you to the roles of leaders and followers in drill. The lesson discusses the different types of commands and the importance of command voice, and it prepares you for the practical application of drill.</p> <p>The individual positions, stationary movements, facing, and hand salute are the basic skills required in drill. You will learn these positions and movements, and the correct execution of them.</p> <p>"A true soldier embraces discipline. It is forged by the intensity of the drill."</p>
11	C5-S1-T5	Promotions and Awards – Signs of Success	31-Aug	This lesson introduces you to the MCJROTC program promotions and awards systems. It provides an overview of MCJROTC organization, cadet rank structure, promotions, and awards.
12	C5-S5-T1	Marine Corps JROTC Rank Structure	1-Sep	This lesson introduces you to the MCJROTC Rank Structure. It provides information on cadet officer and cadet enlisted rank and insignia.
13	C5-S8-T1-L3	Target Shooting Equipment and Its Operation	2-Sep	This lesson introduces you to the function and proper operation of the marksmanship equipment.
14	C3-S1-T1	Physical Fitness Training-The Daily Sixteen	3-Sep	Cadets will participate in the prescribed physical activity designated by the instructor. If you are not feeling well or have sustained an injury be sure to notify the instructor.
15	C5-S5-T2	Marine Corps Rank Structure	7-8 Sep	This lesson introduces you to the Marine Corps Rank Structure. It provides information on officer and enlisted rank, grades and insignia.
16	C5-S8-T1-L3	Marksmanship	9 Sep	Introduction to the prone position
17	C3-S1-T1	Physical Fitness Training-The Daily Sixteen	10 Sep	Cadets will participate in the prescribed physical activity designated by the instructor. If you are not feeling well or have sustained an injury be sure to notify the instructor.
18	C5-S2-T2	Drill and Ceremony	13 Sep	Position of Attention, Parade Rest, Rest, At Ease, and Hand Salute
19	C5-S6-T1	The Purpose of the Chain of Command	14-15 Sep	This lesson introduces you to the concept of the chain of command. It defines chain of command, and identifies and describes the two purposes of the chain of command.
20	C5-S8-T1-L3	Marksmanship	16-Sep	Practice the prone position
21	C3-S1-T1	Physical Fitness Training-The Daily Sixteen	17-Sep	Cadets will participate in the prescribed physical activity designated by the instructor. If you are not feeling well or have sustained an injury be sure to notify the instructor.
22	C5-S2-T3	Drill and Ceremony	20-Sep	Right Face, Left Face, About Face, Quick Time, Double Time, Halt

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23	C5-S6-T2	MCJROTC Unit Chain of Command	21-22 Sep	This lesson identifies the MCJROTC unit chain of command and organization. It explains the MCJROTC unit chain of command and identifies positions within the chain of command and the MCJROTC unit organization.
24	C5-S8-T1-L3	Marksmanship	23-Sep	Introduction to the standing position
25	C3-S1-T1	Physical Fitness Training-The Daily Sixteen	24-Sep	Cadets will participate in the prescribed physical activity designated by the instructor. If you are not feeling well or have sustained an injury be sure to notify the instructor.
26	C5-S2-T4	Drill and Ceremony	27-Sep	Right Step, Left Step, Back Step, Half Step
27	C5-S3-T2	Introduction to MCJROTC Uniforms	28-29 Sep	This lesson provides an overview of the various Marine Corps uniforms from the colonial times through today's MCJROTC uniform. Also presented is an overview of insignia, devices and awards worn on the MCJROTC uniform
28	C5-S8-T1-L3	Marksmanship	30-Sep	Practice the standing Position
29	C3-S1-T1	Physical Fitness Training-The Daily Sixteen	1-Oct	Cadets will participate in the prescribed physical activity designated by the instructor. If you are not feeling well or have sustained an injury be sure to notify the instructor.
30	C5-S2-T5	Drill and Ceremony	4-Oct	Change Step, Mark Time, Face To Rear While Marching, Eyes Right/Left
31	C5-S3-T3	Wear and Care of the Utility and Physical Training Uniform	5-6 Oct	This lesson describes the Utility and the Physical Training uniforms. It provides information on the proper wear and care of the Utility and Physical Training uniforms. Upon completion of this lesson, you will be able to properly wear and care for the Utility and the Physical Training uniforms.
32	C5-S3-T4	Wear and Care of the Service Uniform	12-Oct	This lesson describes the Service uniforms. It provides information on the different kinds of service uniforms as well as their proper wear and care. Upon completion of this lesson cadets will be able to describe the proper wear and care for Service uniforms.
33	C5-S1-T8	Cadet Records	13-Oct	Cadets will review all paper work given for parental signature and make note of any items still needed to be turned back to the program.
34	C5-S8-T1-L3	Marksmanship	14-Oct	Practice the kneeling position
35	C3-S1-T1	Physical Fitness Training-The Daily Sixteen	15-Oct	Cadets will participate in the prescribed physical activity designated by the instructor. If you are not feeling well or have sustained an injury be sure to notify the instructor.
36	C5-S2-T7	Drill and Ceremony	18-Oct	Form The Platoon (Normal and Close Interval)
37	C5-S1-T6	Uniform Issue and Turn-In	19-20 Oct	Cadets will receive their initial uniform issue and be given instructions on proper turn in procedures.
38	C5-S8-T1-L3	Marksmanship	21-Oct	Fire in the designated position by instructor

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39	C3-S1-T1	Physical Fitness Training-The Daily Sixteen	22-Oct	Cadets will participate in the prescribed physical activity designated by the instructor. If you are not feeling well or have sustained an injury be sure to notify the instructor.
40	C5-S2-T8	Drill and Ceremony	25-Oct	Obliques (Left/Right)
41	C5-S1-T7	Codes of Conduct	26-27 Oct	This lesson introduces you to codes of conduct. It provides the basic requirements for conduct in school and conduct as a MCJROTC cadet.
42	C5-S8-T1-L3	Marksmanship	28-Oct	Fire in the designated position by instructor
43	C3-S1-T1	Physical Fitness Training-The Daily Sixteen	29-Oct	Cadets will participate in the prescribed physical activity designated by the instructor. If you are not feeling well or have sustained an injury be sure to notify the instructor.
44	C5-S2-T9	Drill and Ceremony	1-Nov	Flanks (Left/Right)
45	C3-S4-T5	Marines' Hymn	2-3 Nov	This lesson introduces you to the Marines' Hymn. It provides information on the history and traditions that the hymn is based upon.
46	C5-S8-T1-L3	Marksmanship	4-Nov	Fire in the designated position by instructor
47	C3-S1-T1	Physical Fitness Training-The Daily Sixteen	5-Nov	Cadets will participate in the prescribed physical activity designated by the instructor. If you are not feeling well or have sustained an injury be sure to notify the instructor.
48	C5-S2-T10	Drill and Ceremony	8-Nov	To Change The Directon Of A Column (Left/ Right)
49	C5-S4-T7	Marine Corps Birthday	9-10 Nov	The purpose of this lesson is to inform you of the importance of celebrating the Marine Corps birthday. As a MCJROTC cadet, you should know when, where, and how the Marine Corps was founded.
50	C5-S8-T1-L3	Marksmanship	11-Nov	Fire in the designated position by instructor
51	C3-S1-T1	Physical Fitness Training-The Daily Sixteen	12-Nov	Cadets will participate in the prescribed physical activity designated by the instructor. If you are not feeling well or have sustained an injury be sure to notify the instructor.
52	C5-S2-T11	Drill and Ceremony	15-Nov	To Change The Directon Of A Column (Left/ Right)
53	C5-S3-T1	Professional Personal Appearance	16-17 Nov	This lesson provides information on maintaining and presenting a professional personal appearance. Upon completion of this lesson, you will understand the importance of a good professional personal appearance, describe the personal traits that make up a professional personal appearance, and describe the specific Marine Corps requirements for maintaining and presenting a professional personal appearance.
54	C5-S8-T1-L3	Marksmanship	18-Nov	Fire in the designated position by instructor

55	C3-S1-T1	Physical Fitness Training-The Daily Sixteen	19-Nov	Cadets will participate in the prescribed physical activity designated by the instructor. If you are not feeling well or have sustained an injury be sure to notify the instructor.
56	C5-S2-T12	Drill and Ceremony	29-Nov	Close and Extend The Interval Online
57	C5-S4-T1	The Salute – A Sign of Respect	30-Nov	This lesson is to make you aware of the importance of the hand salute. As a MCJROTC cadet, you should be able to know how and when to execute a proper hand salute.
58	C5-S4-T3	Reporting	1-Dec	Cadets will receive a class on the proper method to report during commander inspections and other high visibility events.
59	C5-S8-T1-L3	Marksmanship	2-Dec	Fire in the designated position by instructor
60	C3-S1-T1	Physical Fitness Training-The Daily Sixteen	3-Dec	Cadets will participate in the prescribed physical activity designated by the instructor. If you are not feeling well or have sustained an injury be sure to notify the instructor.
61	C5-S8-T1-L3	Marksmanship	6-Jan	Fire in the designated position by instructor
62	C3-S1-T1	Physical Fitness Training-The Daily Sixteen	7-Jan	Cadets will participate in the prescribed physical activity designated by the instructor. If you are not feeling well or have sustained an injury be sure to notify the instructor.
63	C5-S2-T13	Drill and Ceremony	10-Jan	Platoon Drill Introduction to IG Drill Card
64	C1-S1-T1	Leadership Defined	11-Jan	This lesson explores the Marine Corps definition of leadership. Learning good leadership skills and becoming a successful leader are not easy tasks. With this introduction to leadership, you can begin to appreciate the characteristics that successful leaders exhibit to themselves, their team members, their supervisors, and their organization.
65	C1-S1-T2	The Leader Within	12-Jan	This lesson will help you develop your own personal definition of leadership by evaluating yourself, identifying the leadership behaviors that you desire most, and developing a plan for improvement of personal leadership behaviors.
66	C5-S8-T1-L3	Marksmanship	13-Jan	Fire in the designated position by instructor
67	C3-S1-T1	Physical Fitness Training-The Daily Sixteen	14-Jan	Cadets will participate in the prescribed physical activity designated by the instructor. If you are not feeling well or have sustained an injury be sure to notify the instructor.
68	C1-S2-T1	Ethics, Morals, Values	18-19 Jan	This lesson explains ethics, morals, and values as they relate to the Marine Corps.
69	C5-S8-T1-L3	Marksmanship	20-Jan	Fire in the designated position by instructor

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70	C3-S1-T1	Physical Fitness Training-The Daily Sixteen	21-Jan	Cadets will participate in the prescribed physical activity designated by the instructor. If you are not feeling well or have sustained an injury be sure to notify the instructor.
71	C5-S2-T14	Drill and Ceremony	24-Jan	Platoon Drill IG Drill Card
72	C1-S2-T2	Marine Corps Values	25-26 Jan	This lesson explains and provides examples of honor, courage, and commitment as they relate to the Marine Corps.
73	C5-S8-T1-L3	Marksmanship	27-Jan	Fire in the designated position by instructor
74	C3-S1-T1	Physical Fitness Training-The Daily Sixteen	28-Jan	Cadets will participate in the prescribed physical activity designated by the instructor. If you are not feeling well or have sustained an injury be sure to notify the instructor.
75	C5-S2-T15	Drill and Ceremony	31-Jan	Platoon Drill Introduction to National Drill Card
76	C1-S3-T2	Military Leadership Traits	1-2 Feb	This lesson explains and provides examples of the fourteen military leadership traits used in the Marine Corps.
77	C5-S8-T1-L3	Marksmanship	3-Feb	Fire in the designated position by instructor
78	C3-S1-T1	Physical Fitness Training-The Daily Sixteen	4-Feb	Cadets will participate in the prescribed physical activity designated by the instructor. If you are not feeling well or have sustained an injury be sure to notify the instructor.
79	C5-S2-T16	Drill and Ceremony	7-Feb	Platoon Drill National Drill Card
80	C2-S1-T1	Defining Patriotism	8-9 Feb	What is a symbol? Symbol comes to us from the Latin word meaning, "a sign by which one knows something." A soldier sees a vehicle with a white star on it and knows it to be American. A United States citizen knows the red, white, and blue sewn cloth as the flag of the nation. The following is information about some of the symbols that represent the United States.
81	C5-S8-T1-L3	Marksmanship	10-Feb	Fire in the designated position by instructor
82	C3-S1-T1	Physical Fitness Training-The Daily Sixteen	11-Feb	Cadets will participate in the prescribed physical activity designated by the instructor. If you are not feeling well or have sustained an injury be sure to notify the instructor.
83	C5-S2-T17	Drill and Ceremony	14-Feb	Platoon Drill IG Drill Card

84	C2-S1-T2	Rights, Responsibilities, and Privileges	15-16 Feb	The first ten amendments to the Constitution of the United States are collectively known as the Bill of Rights. These amendments identify the basic freedoms and rights guaranteed to all American citizens. The purpose of this lesson is to explore these rights in greater detail. Each American citizen has rights and responsibilities that go hand in hand with our democracy. Because of our democratic form of government, we enjoy freedoms and rights that do not exist in other countries.
85	C5-S8-T1-L3	Marksmanship	17-Feb	Fire in the designated position by instructor
86	C5-S2-T17	Drill and Ceremony	21-Feb	Platoon Drill IG Drill Card
87	C2-S1-T3	Attaining Citizenship	22-23 Feb	There are three ways to become a citizen of the United States. The easiest way is to be born here. All persons born in the United States according to the Fourteenth Amendment are citizens of the United States and the state in which they reside
88	C5-S8-T1-L3	Marksmanship	24-Feb	Fire in the designated position by instructor
89	C3-S1-T1	Physical Fitness Training-The Daily Sixteen	25-Feb	Cadets will participate in the prescribed physical activity designated by the instructor. If you are not feeling well or have sustained an injury be sure to notify the instructor.
90	C5-S2-T19	Drill and Ceremony	28-Feb	Platoon Drill National Drill Card
91	C2-S2-T1	Volunteerism	1-2 Mar	In more and more school districts across the nation, students are being asked to provide as many as eighty hours of community service before they can receive a high school diploma. While required community service can provide worthwhile experiences for students, it should not be confused with volunteerism, which has three distinct features. First, volunteers act by their own choice. Secondly, volunteers provide a valuable service that the recipients would otherwise have to pay to receive. Thirdly, volunteers provide their service free of charge and with no personal reward other than the benefits they might receive from doing their activity.
92	C5-S8-T1-L3	Marksmanship	3-Mar	Fire in the designated position by instructor
93	C3-S1-T1	Physical Fitness Training-The Daily Sixteen	4-Mar	Cadets will participate in the prescribed physical activity designated by the instructor. If you are not feeling well or have sustained an injury be sure to notify the instructor.
94	C5-S2-T20	Drill and Ceremony	7-Mar	Platoon Drill National Drill Card

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95	C3-S2-T1	Personal Hygiene	8-9 Mar	To get the most out of anything that you own – a car, CD player, your golden retriever – it is important to take good care of it. The same goes for your body. To be your best, take the best care of yourself. Eat right, exercise on a regular basis, and above all (especially if you want to develop a good self-image and make a good impression on those you meet), practice personal cleanliness.
96	C5-S8-T1-L3	Marksmanship	10-Mar	Fire in the designated position by instructor
97	C3-S1-T1	Physical Fitness Training-The Daily Sixteen	11-Mar	Cadets will participate in the prescribed physical activity designated by the instructor. If you are not feeling well or have sustained an injury be sure to notify the instructor.
98	C5-S2-T21	Drill and Ceremony	21-Mar	Platoon Drill IG Drill Card
99	C3-S2-T2	Suicide Awareness and Prevention	22-23 Mar	<ul style="list-style-type: none"> • Every 17 minutes another life is lost to suicide. Everyday, approximately 86 Americans take their own life and over 1,500 attempt suicide. • For every two homicides in the U.S. there are three suicides. • Every hour and forty-five minutes another young person commits suicide. • Suicide is the second leading cause of death among college students and the third leading cause of death among youth overall, ages 15 to 24. • More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia and influenza, and chronic lung disease combined. • Fifty-three percent of young people who commit suicide abuse substances. • Four times as many men as women commit suicide, but young women attempt suicide three times more frequently than young men. <p>Disturbing statistics, don't you think? Are you aware of the warning signs? Do you know what causes some teens to consider suicide? Do you know what to do if someone you know talks about committing suicide? Read on to find out more...</p>
100	C5-S8-T1-L3	Marksmanship	24-Mar	Fire in the designated position by instructor
101	C3-S1-T1	Physical Fitness Training-The Daily Sixteen	25-Mar	Cadets will participate in the prescribed physical activity designated by the instructor. If you are not feeling well or have sustained an injury be sure to notify the instructor.
102	C5-S2-T22	Drill and Ceremony	28-Mar	Platoon Drill IG Drill Card

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103	C3-S2-T3	Managing Your Stress	29-30 Mar	While stress in small doses is a normal, healthy part of life, stress that continues over long periods of time can lead to exhaustion and possible mental or physical illness. This section discusses what causes stress, how it can affect you, and ways that you can manage it. Handling stress in your life and recognizing symptoms of stress in others will make your life more enjoyable and your leadership more effective.
104	C5-S8-T1-L3	Marksmanship	31-Mar	Fire in the designated position by instructor
105	C3-S1-T1	Physical Fitness Training-The Daily Sixteen	1-Apr	Cadets will participate in the prescribed physical activity designated by the instructor. If you are not feeling well or have sustained an injury be sure to notify the instructor.
106	C5-S2-T23	Drill and Ceremony	4-Apr	Platoon Drill National Drill Card
107	C3-S2-T4	Drug and Alcohol Use and Abuse	5-6 Apr	Americans have become increasingly concerned about the dangers of alcohol and other drug use. Surveys reveal a general intolerance for the use of alcohol by under-aged people and the use of illegal drugs by anyone. Most Americans are prepared to take a stand against such illegal alcohol and drug use.
108	C5-S8-T1-L3	Marksmanship	7-Apr	Fire in the designated position by instructor
109	C3-S1-T1	Physical Fitness Training-The Daily Sixteen	8-Apr	Cadets will participate in the prescribed physical activity designated by the instructor. If you are not feeling well or have sustained an injury be sure to notify the instructor.
110	C5-S2-T24	Drill and Ceremony	11-Apr	Platoon Drill National Drill Card
111	C3-S2-T5	Drug and Alcohol, Prevention and Intervention	12-13 Apr	Drug use among teens and even younger children has been steadily increasing for the past several years. According to the 1998 National Center on Addiction and Substance Abuse, teen marijuana use is up almost 300 percent since 1992. According to the Monitoring the Future Study in 1999, 55 percent of high school seniors reported having used an illegal drug, only 7 years before that, 41 percent said they had. Between 1991 and 1999, illicit drug use among younger children, 13 and 14-year-olds, increased by 51 percent, up from 18.7 percent to 28.3 percent. Much is being done in the areas of intervention and prevention of drug and alcohol abuse.
112	C5-S8-T1-L3	Marksmanship	14-Apr	Fire in the designated position by instructor
113	C5-S2-T24	Drill and Ceremony	18-Apr	Platoon Drill National Drill Card

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114	C3-S2-T6	Tobacco-Use and Effects	19-20 Apr	According to the Center for Disease Control, tobacco use continues to be the leading preventable cause of death in the United States. Statistics show that more than 400,000 people die each year, and United States residents spend more than \$50 billion in direct medical costs annually as the result of tobacco use
115	C5-S8-T1-L3	Marksmanship	21-Apr	Fire in the designated position by instructor
116	C3-S1-T1	Physical Fitness Training-The Daily Sixteen	22-Apr	Cadets will participate in the prescribed physical activity designated by the instructor. If you are not feeling well or have sustained an injury be sure to notify the instructor.
117	C5-S2-T25	Drill and Ceremony	25-Apr	Introduction Guidon Manual
118	C3-S2-T7	You Are What You Eat	26-27 Apr	A healthy lifestyle includes good nutrition as well as exercise. You need to eat well in order to maintain an exercise program. After all, just as a car will not run without fuel, your body will not work properly without the right nutrients. Eating a balanced diet also helps you maintain proper weight and lowers your risk of disease. This lesson explains the importance of a proper diet to your health.
119	C5-S8-T1-L3	Marksmanship	28-Apr	Fire in the designated position by instructor
120	C3-S1-T1	Physical Fitness Training-The Daily Sixteen	29-Apr	Cadets will participate in the prescribed physical activity designated by the instructor. If you are not feeling well or have sustained an injury be sure to notify the instructor.
121	C5-S2-T26	Drill and Ceremony	2-May	Guidon Manual
122	C3-S2-T8	Nourishing Your Body	3-4 May	Never before has there been so much information available on nutrition. In fact it is the overwhelming amount of information that often creates confusion. So much of the available information is contradictory. On the same shelf you might find one book that recommends 50% of your calories from fat and another that recommends 10%.
123	C5-S8-T1-L3	Marksmanship	5-May	Fire in the designated position by instructor
124	C3-S1-T1	Physical Fitness Training-The Daily Sixteen	6-May	Cadets will participate in the prescribed physical activity designated by the instructor. If you are not feeling well or have sustained an injury be sure to notify the instructor.
125	C5-S2-T26	Drill and Ceremony	9-May	Guidon Manual

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126	C3-S4-T3	Becoming a Better Listener	10-11 May	This lesson will explain and demonstrate effective listening techniques and provide methods for becoming a better listener. You will learn the parts of the listening process, name barriers to effective listening, and explain how barriers prevent effective listening. You will learn tips to improve your listening skills by overcoming these barriers.
127	C5-S8-T1-L3	Marksmanship	12-May	Fire in the designated position by instructor
128	C3-S1-T1	Physical Fitness Training-The Daily Sixteen	13-May	Cadets will participate in the prescribed physical activity designated by the instructor. If you are not feeling well or have sustained an injury be sure to notify the instructor.