Ridge Point High School

Marine Corps Junior Reserve Officers' Training Corps



LEADERSHIP EDUCATION II (LE 2) (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 pariticapte 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	C1-S1-T3	Leadership Primary and Secondary Objectives	17-Aug	This lesson will explain to you the primary and secondary objectives of leadership as defined by the Marine Corps.
2	C1-S4-T1	The 11 Leadership Principles	18-Aug	This lesson explains and provides examples of the 11 leadership principles.
3	C5-S8-T1-L1	History of Marksmanship	19-Aug	Review the history and safety rules of Marksmanship.
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, cardiorespiratory 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	C1-S5-T1	Responsibility, Accountability, Authority	24-Aug	This lesson explains how authority, responsibility, and accountability play a key role in successful leadership.
7	C1-S5-T2	The Role of the NCO	25-Aug	This lesson explains the role of the Non- Commissioned Officer for the Marine Corps and the MCJROTC.
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	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. 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. "A true soldier embraces discipline. It is forged by the intensity of the drill."
11	C1-S5-T3	The Role of the Officer	31-Aug	This lesson explains the role of Officers for the Marine Corps and the MCJROTC.

12	C1-S6-T1	Motivational Principles and Techniques	1-Sep	This lesson will identify the factors that motivate individuals and explain the 14 principles of motivation. You will learn why being motivated is important to your unit and some techniques for motivating them
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	C1-S6-T2	Maintaining High Morale	7-8 Sep	This lesson will examine the importance of maintaining high morale. You will discover some of the factors that can lead to low morale, as well as the leadership techniques that you can use to improve it. You will also learn how you can assess the morale of your unit and identify the positive and negative indicators of morale.
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	C1-S6-T3	Marine Discipline	14-Sep	This lesson will identify what is meant by the term "discipline." You will discover several indicators of discipline as well as the leadership techniques that can be used to improve discipline.
20	C1-S7-T2	Proficiency Defined	15-Sep	This lesson explains proficiency as it relates to the Marine Corps, MCJROTC, and leadership in general.
21	C5-S8-T1-L3	Marksmanship	16-Sep	Practice the prone position
22	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.
23	C5-S2-T3	Drill and Ceremony	20-Sep	Right Face, Left Face, About Face, Quick Time, Double Time, Halt
24	C1-S7-T1	Team Training	21-22 Sep	This lesson explains the importance of individual practice and training. It also explains the need to train as a team.
25	C5-S8-T1-L3	Marksmanship	23-Sep	Introduction to the standing position
26	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.
27	C5-S2-T4	Drill and Ceremony	27-Sep	Right Step, Left Step, Back Step, Half Step

28	C2-S1-T4	Freedom Documents	28-29 Sep	The United States is very diverse in its population. We live in very different environments; we practice different religions; and we have different cultural and ethnic backgrounds. Yet, we are all Americans. Many of our American values are rooted in famous documents and speeches that provide us with a basis for what we as Americans believe and hold dear. Some of these documents are included in this lesson.
29	C5-S8-T1-L3	Marksmanship	30-Sep	practice the standing position
30	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.
31	C5-S2-T5	Drill and Ceremony	4-Oct	Change Step, Mark Time, Face To Rear While Marching, Eyes Right/Left
32	C2-S1-T5	U.S. Citizenship	5-6 Oct	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. This type of citizenship is known as Jus Soli. Literally, meaning "law of the soil" jus soli is based on where you were born. Jus Sanguinis, meaning "law of the blood," applies to persons born abroad to United States citizens. If one or both of their parents are U.S. citizens, they are also citizens. These individuals can actually hold dual citizenship by also being a citizen of the country in which they were born. Finally, the most difficult way of becoming a citizen is through the naturalization process.
33	C2-S2-T4	Keeping Current with Current Events	12-Oct	This lesson will explain how to participate in discussions about current events. You will learn about different sources for current events information, and about the advantages and disadvantages of these different sources. You will learn about the role geography plays in the news, and how to relate events to their geographical locations.

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34	C2-S3-T1-L1	Political Systems of Government	13-Oct	It is important not to confuse political systems of government with economic systems of government. Economic systems of government focus on the approach that a nation takes toward the production, development, and management of the material wealth of a country. Political forms of government represent a philosophy of how a country should be ruled. Who is responsible for making and implementing the laws? How are government officials including the heads of state selected? How much input do the people have in the decision making process? As you read about other forms of government, be sure to consider how they differ from our own.
35	C5-S8-T1-L3	Marksmanship	14-Oct	practice the kneeling position
36	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.
37	C5-S2-T7	Drill and Ceremony	18-Oct	Form The Platoon (Normal and Close Interval)
38	C2-S3-T1-L2	Economic Systems of Government	19-20 Oct	If you asked political scientists what they thought the most important document written in 1776 was, they would probably say Thomas Jefferson's Declaration of Independence. However, if you asked an economist that same question, he might answer Adam Smith's The Wealth of Nations. It was Smith's book that outlined the theory of capitalism that became the basis for the economic systems of many countries. In this lesson, we will explore the development of capitalism and compare it with socialism and communism.
39	C5-S8-T1-L3	Marksmanship	21-Oct	Fire in the designated position by instructor
40	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.

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42	C2-S3-T2	Three Branches of Government	26-27 Oct	Most of us have heard of Thomas Jefferson and James Madison. These former Presidents are well known as writers of the Declaration of Independence and the Constitution of the United States. How many of us know that the words in Jefferson's Declaration of Independence that claim we have a right to life, freedom, and to rebel against bad government were first written by John Locke nearly 100 years earlier? How many of us know that the idea for a division of powers within government was the result of the thinking of Charles-Louis de Secondat, baron de Montesquieu forty years before the Constitution of the United States was written by James Madison? This lesson will provide information about how important the concept of Separation of Powers is to our method of governing.
43	C5-S8-T1-L3	Marksmanship	28-Oct	Fire in the designated position by instructor
44	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.
45	C5-S2-T9	Drill and Ceremony	1-Nov	Flanks (Left/Right)
46	C2-S3-T3	History of the U.S. Flag	2-3 Nov	No one knows with absolute certainty who designed the first Stars and Stripes or who made our first flag. Congressman Francis Hopkinson seems most likely to have designed it. Few historians believe that Betsy Ross, a Philadelphia seamstress, made the first one. But the story has tremendous popularity, best expressed by President Woodrow Wilson who said, when asked his opinion of the story, "Would that it were true!" Ever wonder about how the flag that waves today, the most recognizable symbol of our country and of liberty and freedom around the world became the official flag of the United States?
47	C5-S8-T1-L3	Marksmanship	4-Nov	Fire in the designated position by instructor
48	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.
49	C5-S2-T10	Drill and Ceremony	8-Nov	To Change The Directon Of A Column (Left/ Right)
50	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.

51	C5-S8-T1-L3	Marksmanship	11-Nov	Fire in the designated position by instructor
52	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.
53	C5-S2-T11	Drill and Ceremony	15-Nov	To Change The Directon Of A Column (Left/ Right)
54	C2-S3-T4	Great American Seal	16-17 Nov	This lesson will describe the significance of each part of the Great Seal of the United States. You will learn to recognize the symbols within the Great Seal and learn what each symbol represents. You will be able to identify dates in the history of the Seal and the names of those responsible for its design. You will see how the Seal is officially used.
55	C5-S8-T1-L3	Marksmanship	18-Nov	Fire in the designated position by instructor
56	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.
57	C5-S2-T12	Drill and Ceremony	29-Nov	Close and Extend The Interval Online
58	C4-S1-T2	The Job Application and Interview	30-Nov	Cadets will use online resources and online search engins to find and complete a mock job application. The culmination point will be to have a mock interview via MS teams or ZOOM.
59	C4-S1-T2	The Job Application and Resume	1-Dec	Cadets will use online resources and online search engins to find and complete a mock job application. The culmination point will be to have a mock interview via MS teams or ZOOM.
60	C5-S8-T1-L3	Marksmanship	2-Dec	Fire in the designated position by instructor
61	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.
62	C5-S8-T1-L3	Marksmanship	6-Jan	Fire in the designated position by instructor
63	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.
64	C5-S2-T13	Drill and Ceremony	10-Jan	Platoon Drill Introduction to IG Drill Card
65	C4-S1-T2	The Job Application and Mock Interview	11-Jan	Cadets will use online resources and online search engins to find and complete a mock job application. The culmination point will be to have a mock interview via MS teams or ZOOM.

66	C5-S11-T1	Introduction to the Military Map	12-Jan	Maps provide you with information on the existence and location of ground features, such as populated areas and routes of travel and communication. They also indicate variations in terrain, heights of natural features, and the extent of vegetation cover. With the Marine Corps dispersed throughout the world, it is necessary to rely on maps to provide information to our combat elements far from our shores. Therefore, all operations require a supply of maps; however, the finest maps available are worthless unless you know how to read them. In this lesson, you will be introduced to the contents of military maps and the supporting marginal information.
67	C5-S8-T1-L3	Marksmanship	13-Jan	Fire in the designated position by instructor
68	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.
69	C5-S11-T2	The Grid System	18-19 Jan	Many people have difficulty understanding the grid coordinate system. If you understand it, then it seems easyjust READ RIGHT, THEN UP! Because of the number of people who have difficulty with grid coordinates, we will teach you grid coordinates using two different analogies.
70	C5-S8-T1-L3	Marksmanship	20-Jan	Fire in the designated position by instructor
71	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.
72	C5-S2-T14	Drill and Ceremony	24-Jan	Platoon Drill IG Drill Card
73	C5-S11-T3	Determining Distance	25-26 Jan	How far have you traveled since leaving your last checkpoint? How fast must you move to reach your next checkpoint before nightfall? How long will it take to reach the next source of water shown on your map? During this lesson, you will learn how to answer these questions and many others pertaining to time, rate, and distance so that you can successfully navigate to your objective.
74	C5-S8-T1-L3	Marksmanship	27-Jan	Fire in the designated position by instructor
75	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.

76	C5-S2-T15	Drill and Ceremony	31-Jan	Platoon Drill Introduction to National Drill Card
77	C5-S11-T4	Azimuth	1-2 Feb	There are many ways of expressing direction, such as the clock system used to designate the wind direction on the rifle range, and the "right front," "left front," used in target designation. While these and other means are sometimes used in land navigation, the most accurate, most reliable, and the most often used method of expressing direction is in terms of an azimuth. In this lesson, we will teach you how to determine azimuths.
78	C5-S8-T1-L3	Marksmanship	3-Feb	Fire in the designated position by instructor
79	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.
80	C5-S2-T16	Drill and Ceremony	7-Feb	Platoon Drill National Drill Card
81	C5-S11-T5	Terrain Features	8-9 Feb	To navigate on land, you must have a clear understanding of the terrain that you and your squad must travel. One way to do this is through a comprehensive map study. You must be able to study a map and understand how the mapmaker shows elevation and relief. This understanding will enable you to visualize the hills, valleys, cliffs, and other terrain features that will affect your navigation. During these next lessons, you will learn about elevation and relief.
82	C5-S8-T1-L3	Marksmanship	10-Feb	Fire in the designated position by instructor
83	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.
84	C5-S2-T17	Drill and Ceremony	14-Feb	Platoon Drill IG Drill Card
85	C5-S11-T6	Slope and Contour Lines	15-16 Feb	The terrain you navigate will contain wide varieties of ground forms. Each hill may have a combination of different types of slopes, which offer either an advantage or disadvantage to land navigation. To determine the best routes for navigation, you must be able to recognize the characteristics of contour lines used to show these types of slopes on the map.
86	C5-S8-T1-L3	Marksmanship	17-Feb	Fire in the designated position by instructor
87	C5-S2-T19	Drill and Ceremony	21-Feb	Platoon Drill National Drill Card
88	C5-S4-T8	Nautical Terms	22-23 Feb	This lesson will explain sea service terms used by the Marines Corps. Upon completion of this lesson, you will be able to understand the use of sea service terms.

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89	C5-S8-T1-L3	Marksmanship	24-Feb	Fire in the designated position by instructor
90	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.
91	C5-S2-T19	Drill and Ceremony	28-Feb	Platoon Drill National Drill Card
92	C5-S4-T9	Marine Corps Symbols	1-2 Mar	This lesson introduces you to description of the Marine Corps Seal, the significance of the High Collar, Quatrefoil, Red Stripe, and Officer and NCO swords.
93	C5-S8-T1-L3	Marksmanship	3-Mar	Fire in the designated position by instructor
94	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.
95	C5-S2-T20	Drill and Ceremony	7-Mar	Platoon Drill National Drill Card
96	C5-S4-T10	United States Flag – Colors of Pride	8-9 Mar	No one knows with absolute certainty who designed the first Stars and Stripes or who made our first flag. Congressman Francis Hopkinson seems most likely to have designed it. Few historians believe that Betsy Ross, a Philadelphia seamstress, made the first one. But the story has tremendous popularity, best expressed by President Woodrow Wilson who said, when asked his opinion of the story, "Would that it were true!"
97	C5-S8-T1-L3	Marksmanship	10-Mar	Fire in the designated position by instructor
98	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.
99	C5-S2-T21	Drill and Ceremony	21-Mar	Platoon Drill IG Drill Card
100	C5-S4-T11	Pledge of Allegiance	22-23 Mar	The lesson will inform you of the importance of reciting the Pledge of Allegiance. As a MCJROTC cadet, you should know the origin and meaning of the words of the pledge and the proper response when in uniform or civilian cloths.
101	C5-S8-T1-L3	Marksmanship	24-Mar	Fire in the designated position by instructor
102	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.
103	C5-S2-T22	Drill and Ceremony	28-Mar	Platoon Drill IG Drill Card
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104	C5-S4-T12	Boarding a Naval Vessel	29-30 Mar	This lesson introduces you to the proper procedure for boarding and departing a Naval vessel, and entering an exiting a vehicle with a senior.
105	C5-S8-T1-L3	Marksmanship	31-Mar	Fire in the designated position by instructor
106	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.
107	C5-S2-T23	Drill and Ceremony	4-Apr	Platoon Drill National Drill Card
108	C5-S10-T1	The Eleven General Orders	5-6 Apr	This lesson introduces the eleven general orders. You will learn about each general order and the difference between general orders and special orders.
109	C5-S8-T1-L3	Marksmanship	7-Apr	Fire in the designated position by instructor
110	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.
111	C5-S2-T24	Drill and Ceremony	11-Apr	Platoon Drill National Drill Card
112	C5-S10-T1	The Eleven General Orders	12-13 Apr	This lesson introduces the eleven general orders. You will learn about each general order and the difference between general orders and special orders.
113	C5-S8-T1-L3	Marksmanship	14-Apr	Fire in the designated position by instructor
114	C5-S2-T24	Drill and Ceremony	18-Apr	Platoon Drill National Drill Card
115	C5-S10-T1	The Eleven General Orders	19-20 Apr	This lesson introduces the eleven general orders. You will learn about each general order and the difference between general orders and special orders.
116	C5-S8-T1-L3	Marksmanship	21-Apr	Fire in the designated position by instructor
117	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.
118	C5-S2-T25	Drill and Ceremony	25-Apr	Introduction Gudion Manual
119	C5-S10-T2	Interior Guard	26-27 Apr	This lesson provides you with the organization and duties of the Interior Guard. It explains the specific duties of the Commander of the Guard, Sergeant of the Guard, Corporal of the Guard and the Sentry.
120	C5-S8-T1-L3	Marksmanship	28-Apr	Fire in the designated position by instructor
121	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.

122	C5-S2-T26	Drill and Ceremony	2-May	Guidon Manual
123	C5-S6-T4	Marine Corps Posts and Stations	3-4 May	This lesson is introduces the posts and stations of the Marine Corps. These are the places where Marines spend much of their career. You will learn about a typical post organization, the facilities and services provided on a typical post and the major posts and stations of the Marine Corps.
124	C5-S8-T1-L3	Marksmanship	5-May	Fire in the designated position by instructor
125	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.
126	C5-S2-T26	Drill and Ceremony	9-May	Guidon Manual
127	C5-S6-T4	Marine Corps Posts and Stations	10-11 May	This lesson is introduces the posts and stations of the Marine Corps. These are the places where Marines spend much of their career. You will learn about a typical post organization, the facilities and services provided on a typical post and the major posts and stations of the Marine Corps.
128	C5-S8-T1-L3	Marksmanship	12-May	Fire in the designated position by instructor
129	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.