

Overview

This chapter is designed to give Cadets a formulated choice of activities to choose for their award. These are mainly activities that Cadets undertake within their training on their Squadron. Giving a sensible choice of activities should ensure that training will be available on their unit and that they carry on with the award once started.

Obviously, the activities listed below are not an exhaustive list and the activities will not suit everybody – they can make a more detailed choice from the Award Programme File, Award Web Site (www.theaward.org), from the Award leaflets or from the CD-ROM planner enclosed with their Award Entrance Pack. These publications list the Sections in full and show any safety implications.

Remember, after selecting an activity from each Section, the Cadets have to undertake 3 of these Sections for 3 months and the 4th for 6 months.

The activities listed in more detail on the following pages are:

SKILLS	SERVICE	EXPEDITION	PHYSICAL
Aeronautics	Air Training Corps	Squadron Expedition	Physical Tests
Aircraft Recognition	First Aid	Wing Expedition	Football
Ceremonial Drill	Fund Raising	Exploration	Hockey
Event Planning	Fire Service		Netball
Flying	Police Service		Rugby
Gliding	Environment		
Marksmanship			
Model Construction			
Playing an instrument			
Weather			

Skills Idea's

Aeronautics

This skill is based on the Leading, Senior and Staff Part 1 syllabuses. Leading can be used for the Bronze, Senior for the Silver and Staff for the Gold.

Aircraft Recognition

Aims at Bronze level include:

- Keeping records of aircraft visiting local airfields
- Visiting an airshow and writing a report with photographs
- Recognising 40 civil & military aircraft
- Studying the development of an aircraft from concept to production.

Ceremonial Drill

At Bronze level:

- Make a study of a service who require good drill to carry out their duties
- Understand why drill is important to training
- Investigate variations of drill between services or nationalities and drills specific to particular national youth organisation
- Recognise 2 military marches
- Understand and participate in Church Parades such as Remembrance Sunday

Event Planning and Organisation

The skill involves the planning of a whole event:

- Make a proposal for a simple event and state its objectives
- Suggest options, prepare and plan the event showing tasks, resources and costs
- Be aware of health & safety factors and make a basic risk assessment
- Draw up a timetable and produce posters, leaflets, etc
- Prepare a budget and a balance sheet
- Carry out the event, delegating and supervising
- Review the event, identify successes and things that need improvement

Flying

At Bronze level:

- Be involved with a flying training organisation
- Be able to demonstrate knowledge of - parking and positioning, pre-flight inspection, engine start-up procedure, fire precautions and taxiing procedures
- Have received dual flight instruction and understand the basic controls
- Know the basic rules of the air

Gliding

At Bronze Level:

- Be associated with a gliding school or club as an associate or Cadet member
- Become proficient in the ground handling of gliders, including parking in strong winds and understand launching and signaling.
- Have at least 5 instructional flights and understand the rules of the air
- Be able to carry out pre-flight checks
- Construct a model glider and demonstrate normal flight and the effect of controls

Marksmanship

This section can be undertaken with a 0.22 Rifle at 25 yards.

- Understand: Safety rules, range etiquette & rules, weapon parts, basic competition procedures, types of target, loading and safe use of the weapon and firing.
- Display the ability to shoot under supervision (but without coaching) while observing all safety rules.
- Gain practical experience in holding, aiming, correct sighting, breath control, trigger control and follow through.

Model Construction

- Working from kits and working on own designs and a range of materials
- Undertake research in historical and technical areas, understand control & stability
- Gain an appreciation of quality and experience the constraints of operating models

Music – Playing an instrument

This section involves learning how to play an instrument or developing an existing skill.

- Learn how to care and maintain your instrument
- Develop competence in playing your instrument and develop your ability to read music
- Learn a particular style(s) of music and play individually or as part of a group/band, etc

Weather

This section involves raising awareness of weather systems and forecasting through observation and research:

- Keep a daily diary observing: weather, times, temperature, wind direction & force and cloud types & cover.
- Collect some examples of weather folklore and comment on their effectiveness
- Keep records of forecasts and record their accuracy and if possible visit a local weather centre.
- Understand the principles of a synoptic chart, satellite weather information and know the visible sequence of weather
- Understand the principles of the Greenhouse Effect and Ozone. Keep a diary on these topics and lifestyle changes that could limit their effects. Investigate the potential and actual usage of wind power and solar energy.

Service Idea's

Air Training Corps

- Bronze – An Enrolled Cadet actively helping and assisting Probationer Cadets
- Silver – A Corporal either helping others with the award or teaching other Cadets
- Gold - A Sergeant Staff Cadet helping others to complete their Bronze or Silver awards or assisting as a Staff Cadet at a VGS or AEF

First Aid

There are First Aid programmes for all of the organisations providing such training; the information below is based on St John Ambulance:

- Bronze – Young Lifesaver (6-18 years course, 6+ hours duration)
- Silver – Young Lifesaver Plus (10-18 years course, 12+ hours duration)
- Gold – Young Lifesaver Plus (15+ years course, 16 hours duration)

Fundraising

The broad aim of this project is to raise money for a charity. The money raised can not be used the participants own group or to aid their own participation in the scheme.

- Contact a local charity; understand their aims and issues behind their work and how the money raised would be used.
- Decide on the method of fundraising and plan the activity properly. Publicise the event.
- IDEA for events include sponsored events, jumble sale, bring + buy, dinner, disco, fashion show or sporting event.
- Decide on how best to present the money raised.

Fire Service

This section is organised through your local Fire Brigade.

Cadets should have a basic understanding of/and be able to:

- Understand fire, its elements and combustion.
- Fire Precautions in the home, where to fit smoke detectors, action on discovering fire and methods of contacting the Fire Brigade.
- Escape from a smoke filled room, action on a chip pan fire and identifying and using fire extinguishers on any given fire.

This should be linked to practical Service:

- Fire Prevention Surveys in the home and elsewhere
- Assisting with Fire Education Survey's

Police Service

For this section a good contact point is the Community Safety Section of your local Police Station. The aims of the Police Service Section are:

- Learn about the work of the Police, the Local Plan and Mission Statement.
- Know what the departments of the service are and learn about the role and functions of the Enquiry Office, Custody Suite and Control Room.
- Learn about statutory responsibilities, crime audits, crime and disorder strategies, action plans and multi-agency partnerships.
- Learn about the role of community safety – Neighborhood Watch, Community Safety/Crime Prevention Panels, House Security and surveys.
- Investigate how the safety of motor vehicles play a part in road safety, the Vehicle Defect Rectification Scheme, Safe Driving and Police Pursuits policy.
- Learn about identification methods including fingerprints, CCTV, Identification Parades, Edicon and Crime Stoppers.

Practical Service could include involvement with: Neighborhood Watch, School Watch, crime prevention panels, junior crime prevention or police consultative work.

Environment

- Understand the purpose of the project and your role within the organisation.
- Understand the importance of caring for the environment.
- Undertake a project/s: campaigning for improved cycle routes, help with footpath repair, signing and fencing, assist with checking rights of way, improving flora/fauna and derelict areas, litter collections, raise awareness of recycling, help with historical projects (canals, railways, etc), survey wildlife and plants or get involved with local community projects.

Physical Recreation Section Idea's

Physical Achievement Tests

This is the Physical Section activity that Cadets seem to normally undertake. The aim is to promote agility, muscular endurance, enjoyment, participation, improvement and fun.

There are 7 elements:

Speed Test, Ball Speed Bounce, Trunk Curl, Push-Ups, Skipping, Single Leg Squat Thrust and a Run.

The programme is normally that week 1 is the introduction to technique, week 2 is the first test that acts a base line assessment. Weeks 3 to 11 are for practice and improvement with a possible interim test at week 8. Week 12 is the final test. The expected standard is an improvement on the week 2 assessment.

Football

The aims of this section are:

- Have a sound knowledge of the game and attain a reasonable proficiency in it
- Participate and compete in a serious game
- Show knowledge in the maintenance of equipment
- Compete in appropriate club competitions
- Show skills and an improvement in standard of play
- Be selected and play in a team, which has proper fixtures
- Develop an appreciation of tactics and positioning play
- Research the history of the game and the countries it is played in

Netball

Participants should:

- Have a sound knowledge of the game and attain a reasonable proficiency in the skills required in order to participate and compete in a serious game. Compete in the appropriate school/club league and be selected to play in a team, which has proper fixtures.
- Show skills and an improvement in your standard of play and try playing in different positions until the appropriate one is found.
- Learn how to keep score.

Hockey

This Section applies to all different types of Hockey (Field, Ice and Street):

- Be aware of and special equipment used to play the game safely and have a sound knowledge of the game of Hockey.
- Be able to keep score and attain a basic proficiency in the game in order to participate and compete in a serious game. Compete in appropriate club competitions.
- Show skills and an improvement in your standard of play, develop an appreciation of tactics/positioning play and be selected to play for a team, which has proper fixtures.

Expedition Idea's

Either run your own Squadron Training or use the Wing Organised activities.

Squadron Run Expeditions

For Bronze Award the Cadets need to:

- Complete camp craft and first-aid training.
- Complete a practice expedition with an overnight camp
- Complete a qualifying venture of at least 15 miles with an overnight camp and at least 6 hours activity per day. The venture must have a purpose or project.
- Produce a report of the venture.

Admin note: ensure that a different member of staff sign the Training/Practice Expedition section and the Qualifying Expedition.

Wing Organised Expeditions

The Wing runs Training, Practice & Qualification weekends annually, normally around late Spring/early Summer. Dates are published well in advance to allow the Cadets nominated to prepare.

The programme normally takes place over 2 weekends:

Weekend 1: First Aid Training, Camp Craft Training, Practice Expedition,

Weekend 2: Qualifying Expedition.

Cadets should ideally have passed First-Class Training and must have an Award Log Book.

