**Year 1**

In year 1, a cadet shall complete the following to achieve qualification:

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| **Requirement** | **Explanation** |
| **1 Citizenship Activity** | Such as:  going on a citizenship tour attending a presentation by a community group or citizen-of-interest completing a school project about Canadian history or culture taking part in the Canadian citizenship challenge, etc. See PO X01 for more information.  |
| **1 Community Service Activity** | Such as:  participating in a community litter sweep participating in a food drive for a local food bank raising funds for a local charity/non-profit organization  any other activity to better the local community See PO X02 for more information.  |
| **1 Teamwork Activity** | Such as a teambuilding activity, ice breaker activity, self introduction, etc., as per PO 103  |
| **1 Physical Activity** | Cardiovascular, strength, and flexibility activities, or team sports, as per PO X05  |
| **1 Formal Parade** | Such as an ACR, CO's parade or Remembrance Day.  |
| **1 CAF Engagement Activity** | Such as:  touring a CAF facility, vessel, or vehicle  having a guest speaker from the CAF  completing a school project related to CAF missions or history attending a commemorative ceremony for the CAF, etc.  See PO X20 for more information.  |
| **1 PHASE lesson** | As per the [PHASE](https://cjcr365.sharepoint.com/sites/publications/SitePages/PHASE.aspx) program material  |
| **Track Physical Activity for 4 weeks** | Use the Physical Activity Tracker over a period of four weeks, as per PO X04  |
| **Assessment: Air Rifle Handling Test** | This test is found in the Year 1 QSP, Chapter 3 Annex C  |
| **Any 18 Periods of Elemental Training** | Cadets can choose to attend whichever lessons from the corps/squadron training plan most interest them. One elemental training weekend (such as a bivouac exercise, survival exercise, or nautical training weekend) will cover most if not all the required periods. For Sea: POs 121, 123, X24, and X25. For Army: POs 121, 122, and 123. For Air: POs 121, 129, 130, 140, 160, 170, and 190.  |