**Year 2**

In year 2, 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 Peer Leadership Activity** | Such as problem-solving activities, recording entries in a reflective journal, trust building activities, etc., as per PO 203  |
| **1 Physical Activity** | Such as 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 4 weeks, as per PO X04  |
| **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 an expedition, survival exercise, or nautical training weekend) will cover most if not all the required periods. For Air: POs 230, 231, 232, 240, 260, 270, and 290.  |