**Year 3**

In year 3, 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 Leadership Activity** | Such as practicing self-assessment, leading cadets through a leadership assignment, participating in a mentoring relationship, etc., as per PO 303 |
| **1 Physical Activity** | Such as cardiovascular, strength, and flexibility activities, or team sports as per PO X05 |
| **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 |
| **Assessment:**  **Direct a Squad Prior to a Parade** | Classes related to this are in PO 308  Assessment instructions for this is in the Year 3 QSP, Chapter 3, Annex B, Appendix 3. |
| **Assessment:**  **Instruct a Lesson** | Classes related to this are in PO 309  Assessment instructions for this is in the Year 3 QSP, Chapter 3, Annex B, Appendix 4. |
| **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 331, 336, 337, 340, 360, 370, and 390. |