**Year 3**

In year 3, a cadet shall complete the following to achieve qualification:

|  |  |
| --- | --- |
| **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 309Assessment 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.  |