

CAP 1 Training Schedule

First Semester

Week #	Task	First Hour		Second Hour
1	Cadet Orientation NOTE #1	Opening Ceremony/Parent & Student Welcome/Orientation/Drill - Instruction on formation of elements and flight. Position of attention, at ease, parade rest, right/left face.		Orientation (continued). History of Civil Air Patrol (Video). Closing Ceremony.
2		Opening Ceremony/Drill - Review previous instruction. Add instructions on about face, forward march/halt, hand salute, present/order arms, fall in/fall out.		History of CAP (continued). Missions and Organization of Civil Air Patrol. Overview of Emergency Services Program. Overview of Cadet Program. Uniforms (Video). Closing Ceremony.
3		Opening Ceremony. Overview of Aerospace Education Program. Demonstrate proper wear of CAP decorations and insignias. Summarize customs and courtesies of CAP. Review the four phases of the cadet training program. Instruct - Basic grooming standards. Distribute Membership application. Closing Ceremony.		
4	Achievement 1 NOTE #2	Opening Ceremony/Drill – Academic instruction on drill terminology. Review previous instruction.		Return application/money. Administer cadet oath. Issue uniform and study material packet. Closing Ceremony.
5	NOTE #3	Opening Ceremony/Drill – Review handout given during orientation. Add instructions on mark time, double time, quick time, change step, right and left flank, route step, and at ease march.		Class – Curry Leadership Lab 1 - Proper wearing of the uniform, accouterments on uniform, and gig line. Correction of uniforms, if worn. Closing Ceremony.
6		Opening Ceremony/Drill – Review previous instruction. Instruct – right and left step.	Safety – A generic lesson plan to use with latest materials on recent accident bulletins provided by National Headquarters.	Class – Moral Leadership – A generic guided discussion lesson plan to use with CAPP 265-2, <i>Values for Living and Ethics for Command</i> , moral leadership curricula. Examples of topics are: AIDS, Teen Suicide, and Grief and Loss. Closing Ceremony.
7		Opening Ceremony/Drill – Review previous instruction. Drilled as a flight.		Class – Curry Leadership Lab 1 – Duties and responsibilities, followership, and time management. Closing Ceremony.
8		Opening Ceremony/Drill – Review previous instruction. This is preparation for Curry Leadership Laboratory test. Discuss Achievement One training weekend.		Class – Curry Leadership Lab 1 – Customs and courtesies, chain of command, and insignia of grade. Review Curry LL test. Closing Ceremony.
9		Opening Ceremony/Drill – Review previous instructions. Review drill and ceremony instruction for Curry test.		Test – Curry Leadership Laboratory Test, Achievement 1. Written and practical test for Curry Leadership Laboratory Test. Closing Ceremony.
10		Opening Ceremony /Drill – Review previous instruction.	Safety – A generic lesson plan to use with latest materials on recent accident bulletins provided by National Headquarters.	Class – Moral Leadership – A generic guided discussion lesson plan to use with CAPP 265-2, <i>Values for Living and Ethics for Command</i> , moral leadership curricula. Examples of topics are: AIDS, Teen Suicide, and Grief and Loss. Closing Ceremony.

11	Communications NOTE #3	Opening Ceremony/Drill – Review all of the above. Have several cadets demonstrate each of the above movements & have cadets critique each other. Instruct – Column movements and procedures for dress and alignment of the flight by command.	Class - Basic Communications- Standard Operating Procedures. Transmitting and Receiving, Use of call signs, operating the radio. Ref CAPR 100-1, <i>Communications</i> . Closing Ceremony.	
12		Opening Ceremony/Drill – Continuation of previous week.	Class - Basic Communications- Location and use of local repeaters, local operating procedures, Prepare CAP Form 100 for issuing Radio Operator’s Authorization, CAP Form 76. Closing Ceremony.	
13	Emergency Services	Opening Ceremony/Drill – Open and close ranks. Start selection of at least six cadets per team for indoor color guard training (5 teams x 6 = 30).	Class- Emergency Services, ES 1 – CAP emergency services operations, State/local laws and regulations. Closing Ceremony.	
14	NOTE #4	Opening Ceremony/Drill – Color Guard Training.	Class – Emergency Services, ES 2 - CAP operational regulations, procedures, and associated forms. Closing Ceremony.	
15	Emergency Services	Opening Ceremony/Drill – Color Guard Training. Instruct – Flags at the Salute, Position of the Color Guard at Eyes Right, and Posting/Retiring the Colors.	Safety - A generic lesson plan will be prepared for safety training. A list of suggested topics enclosed in references for lesson plan.	Class – Moral Leadership – A generic guided discussion lesson plan to use with CAPP 265-2, <i>Values for Living and Ethics for Command</i> , moral leadership curricula. Examples of topics are: AIDS, Teen Suicide, and Grief and Loss. Closing Ceremony.
16	Emergency Services	Opening Ceremony/Drill – Color Guard Training. Instruct – Manual of Arms.	Class – Emergency Services, ES 3 - Completion of the <i>Introduction to Emergency Services</i> test. Closing Ceremony.	
17		Opening Ceremony/Drill – Color Guard Training. Review all of the above training.	Cadet Physical Fitness Test - See CAPR 52-18, <i>CAP Cadet Physical Fitness Test Manual</i> . Closing ceremony.	
18		Opening Ceremony/Drill Down. Select that team which will present colors at promotion activity. Color Guard Training. Closing ceremony.		

NOTE:

1. Parents/Guardians are encouraged to attend the orientation program to gain an understanding of the Middle School Initiative.
2. Uniforms will be issued as available and fitted as necessary. Uniform inspection will be conducted during each opening ceremony.
3. At least two activities should be scheduled during the semester, e.g., Achievement 1 Training Weekend, First Aid, CPR, Bloodborne Pathogens, Cadet Orientation Flights.
4. Promotion/Social event with VIP, e.g., Mayor, Local Government Representative, School Board, School Principal, etc., at the end of Week 18. Squadron and school should plan and schedule this event at least four weeks prior to the event.

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Week #	Task	First Hour		Second Hour	
1	Achievement 2 NOTE #1	Opening Ceremony/Drill - Review previous 18 weeks progress.		Class - Arnold Leadership Lab 2.1 - Duties and Responsibilities and Followership. Closing ceremony.	
2		Opening Ceremony/Drill - Instruct on close interval, normal interval and practice all previous movements.		Class - Arnold Leadership Lab 2.2 - CAP uniforms, colors and flags, communication. Closing ceremony.	
3		Opening Ceremony/Drill - Instruct on column half right/left and continue practice of previous movements.		Test - Arnold Leadership Lab 2.3 - Test. Written test for Arnold Leadership Laboratory 2 Test. Closing ceremony.	
4		Opening Ceremony/Drill - Practice previous movements of color guard.		Class - Arnold Aerospace Education 2.1 - Introduction to Flight Closing ceremony.	
5		Opening Ceremony/Drill - Instruct on drilling by elements and practice previous movements.		Class - Arnold Aerospace Education 2.2 - To fly by the Lifting Power of Rising Air. Closing ceremony.	
6	NOTE #2	Opening Ceremony/Drill - Drill by elements and practice previous movements.	Safety - A generic lesson plan to use with latest materials on recent accident bulletins provided by National Headquarters.	Class - Moral Leadership - A generic guided discussion lesson plan to use with CAPP 265-2, <i>Values for Living and Ethics for Command</i> , moral leadership curricula. Examples of topics are: AIDS, Teen Suicide, and Grief and Loss. Closing ceremony.	
7		Opening Ceremony/Drill - Drill by elements and practice previous movements.		Class - Arnold Aerospace Education 2.3 - Balloons, They Create Their Own Thermals. Closing ceremony.	
8		Opening Ceremony/Drill - Drill by elements and practice previous movements.		Class - Arnold Aerospace Education 2.4 - Module 1 Activities. Closing ceremony.	
9		Opening Ceremony/ Formation - Open ranks inspection.		Class - Arnold Aerospace Education 2.5 - Quiz. Closing ceremony.	
10		Opening Ceremony/Drill - Six cadets perform as drill instructors.		Safety - A generic lesson plan to use with latest materials on recent accident bulletins provided by National Headquarters.	Class - Moral Leadership - A generic guided discussion lesson plan to use with CAPP 265-2, <i>Values for Living and Ethics for Command</i> , moral leadership curricula. Examples of topics are: AIDS, Teen Suicide, and Grief and Loss. Closing ceremony.
11		Opening Ceremony/Drill - Six cadets perform as drill instructors.		Class - Arnold Aerospace Education 2.6 - Questions and Answers. Closing ceremony.	

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12		Opening Ceremony/Drill - Three cadets perform as drill instructors.		Class - Arnold Aerospace Education 2.7 - AE Test on Module 1. Closing ceremony.
13		Opening Ceremony/Drill - Six cadets performs as drill instructors.		Class - Administration time for review of Drill and Ceremonies, AE experiments or other subjects as needed. Closing ceremony.
14	NOTE #2	Opening Ceremony/Drill - Six cadets perform as drill instructors.		Class - Administration time for review of Drill and Ceremonies, AE experiments or other subjects as needed. Closing ceremony.
15	NOTE #3	Opening Ceremony/Drill - Three cadets perform as drill instructors.	Safety - A generic lesson plan to use with latest materials on recent accident bulletins provided by National Headquarters.	Class - Moral Leadership - A generic guided discussion lesson plan to use with CAPP 265-2, <i>Values for Living and Ethics for Command</i> , moral leadership curricula. Examples of topics are: AIDS, Teen Suicide, and Grief and Loss. Closing ceremony.
16		Opening Ceremony/Drill - Select sharpest cadets to drill flights.		Class - Administration time for review of Drill and Ceremonies, AE experiments or other subjects as needed. Closing ceremony.
17		Opening Ceremony/Drill - Select sharpest three cadets to drill flights. Instructor should be determining who is the most outstanding cadet for honor cadet. Announce the honor cadet. Closing Ceremony.		Cadet Physical Fitness Test - See CAPR 52-18, <i>CAP Cadet Physical Fitness Test Manual</i> . Closing ceremony.
18		Opening Ceremony/Drill - Honor cadet to execute drill down. Closing ceremony.		

NOTE:

1. Uniform inspection will be conducted during each opening ceremony.
2. At least two activities should be scheduled during the semester, e.g., Aerospace education activities, Local tours, Cadet Orientation Flights.
3. Promotion/Social event with VIP, e.g., Mayor, Local Government Representative, School Board, School Principal, etc., at the end of Week 18. Squadron and school should plan and schedule this event at least four weeks prior to the event.