



## COMMON TRAINING INSTRUCTIONAL GUIDE



### EO M205.01 – PARTICIPATE IN ORGANIZED RECREATIONAL TEAM SPORTS

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Total Time:	3 x 90 min
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#### PREPARATION

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##### PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-802/PG-001, Chapter 4. Specific uses for said resources are identified throughout the Instructional Guide within the TP for which they are required.

Review the lesson content and become familiar with the material prior to delivering the lesson.

Determine the sport to be played and the best environment in which to play. Consider the age, skill level, and physical condition of the participants as these factors will play a role in preventing injuries.

Ensure a first aid station is set up and sports equipment is available.

##### PRE-LESSON ASSIGNMENT

N/A.

##### APPROACH

An interactive lecture was chosen for TP1 to illustrate the application of rules, principles, or concepts of the specific sport to be played.

A practical activity was chosen for TP2 to TP4 as it allows cadets to participate in sports activities in a safe and controlled environment. This activity contributes to the development of sports skills in a fun and challenging setting.

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#### INTRODUCTION

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##### REVIEW

N/A.

##### OBJECTIVES

By the end of this lesson the cadet shall have participated in an organized recreational team sport.

##### IMPORTANCE

It is important for cadets to participate in organized recreational team sports because it is an activity that promotes a healthy lifestyle, while meeting one of the aims of the Cadet Program.

**Teaching Point 1****Introduce Cadets to a Specific Sport's Rules and Regulations**

Time: 10 min

Method: Interactive Lecture

**HOW TO PLAY THE SPORT**

The CCO's list of approved sports is located at [Annex A](#). Once the specific sport is chosen, refer to [Annex B](#) for an overview of how to play.

**RULES AND REGULATIONS**

Refer to [Annex B](#) for an overview of the chosen sport's rules and regulations.

**CONFIRMATION OF TEACHING POINT 1****QUESTIONS**

- Q1. How many members are there on a team?
- Q2. What are the rules to be followed while playing?
- Q3. How do you score points?

**ANTICIPATED ANSWERS**

- A1. Answer will depend on the sport chosen and can be found at [Annex B](#).
- A2. Answer will depend on the sport chosen and can be found at [Annex B](#).
- A3. Answer will depend on the sport chosen and can be found at [Annex B](#).

**Teaching Point 2****Conduct a Warm-up Session Composed of Light Cardiovascular Exercises**

Time: 10 min

Method: Practical Activity



The following information will be explained to the cadets during the warm-up activity.

**PURPOSE OF A WARM-UP**

A warm-up is composed of stretches and light cardiovascular exercises designed to:

- stretch the muscles;
- gradually increase respiratory action and heart rate;
- expand the muscles' capillaries to accommodate the increase in blood circulation which occurs during physical activity; and
- raise the muscle temperature to facilitate reactions in muscle tissue.

## GUIDELINES FOR STRETCHING

The following guidelines should be followed while stretching to prepare for physical activity and to help prevent injury:

- Stretch all major muscle groups, including the back, chest, legs, and shoulders.
- Never bounce while stretching.
- Hold each stretch for 10 to 30 seconds to let the muscles release fully.
- Repeat each stretch two to three times.
- When holding a stretch, support the limb at the joint.
- Static stretching, which is stretching a muscle and holding it in position without discomfort for 10 to 30 seconds, is considered the safest method.
- Stretching helps to relax the muscles and improve flexibility, which is the range of motion in the joints.
- As a guide, allow 10 minutes to warm-up for every hour of physical activity.



The stretches chosen should focus on the areas of the body that will be used the most during the sports activity.

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## ACTIVITY

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### OBJECTIVE

The objective of this warm-up activity is to stretch the muscles and perform light cardiovascular exercises to prepare the body for physical activity and to help prevent injuries.

### RESOURCES

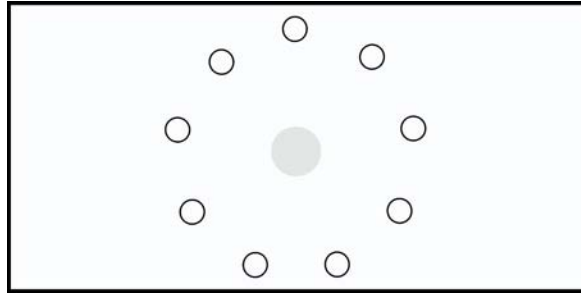
N/A.

### ACTIVITY LAYOUT

N/A.

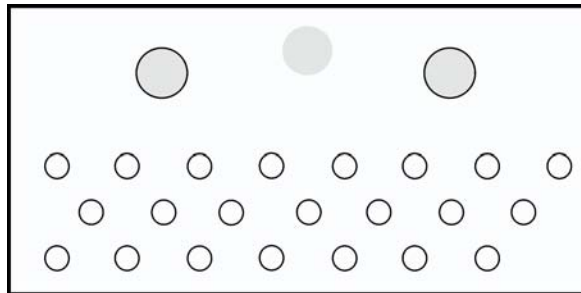
### ACTIVITY INSTRUCTIONS

- Arrange the cadets in either a warm-up circle or in rows (as illustrated in [Figures 5-1](#) and [5-2](#)).



*D Cdts 3, 2006, Ottawa, ON: Department of National Defence*

Figure 5-1 Instructor in the Centre of a Warm-up Circle



*D Cdts 3, 2006, Ottawa, ON: Department of National Defence*

Figure 5-2 Instructor at the Front With Two Assistant Instructors

- Demonstrate before having the cadets attempt each stretch/light cardiovascular exercise.
- Assistant instructors can help demonstrate the exercises and ensure the cadets are performing them correctly.
- Have cadets perform each stretch/light cardiovascular exercise.



Light cardiovascular exercises should be done to warm-up the muscles prior to stretching to avoid injury to or tearing of the muscles. For example, running on the spot for 30 seconds or performing jumping jacks should be performed prior to conducting the stretches located at [Annex C](#).

## SAFETY

- Ensure there are at least two arm lengths between the cadets so they can move freely.
- Ensure the cadets perform the stretches and light cardiovascular exercises in a safe manner, following the guidelines for stretching listed in this TP.

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## CONFIRMATION OF TEACHING POINT 2

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## QUESTIONS

- Q1. What is the purpose of performing a warm-up before participating in physical activities?
- Q2. How long should each stretch be held?
- Q3. Why is it important to stretch?

**ANTICIPATED ANSWERS**

- A1. To gradually increase respiratory action and heart rate and to raise the muscle temperature to facilitate reactions in muscle tissue.
- A2. Approximately 10 to 30 seconds.
- A3. It helps relax the muscles and increase flexibility.

**Teaching Point 3****Supervise the Cadets' Participation in a Given Sports Activity**

Time: 50 min

Method: Practical Activity

**ACTIVITY****OBJECTIVE**

The objective of this activity is to provide cadets with the opportunity to participate in an organized recreational team sport.

**RESOURCES**

- Sports/safety equipment required for the chosen sport,
- Whistle,
- Stopwatch, and
- First aid equipment.

**ACTIVITY LAYOUT**

- Set up the sporting venue prior to the commencement of the sport.
- Ensure a whistle, or other sound device, is available to stop play when necessary.

**ACTIVITY INSTRUCTIONS**

- Divide cadets into teams.
- Supervise the cadets' participation in the sport.
- The rules and regulations for the sport chosen are located at [Annex B](#).

**SAFETY**

- Ensure cadets are aware of the rules and regulations.
- Ensure constant supervision throughout the activity.
- Ensure a first aid station/kit is readily accessible.
- Ensure a first aider is identified at the start of the activity and is available at all times.

**CONFIRMATION OF TEACHING POINT 3**

The cadets' participation in the sports activity will serve as the confirmation of this TP.

**Teaching Point 4****Conduct a Cool-down Session Composed of Light Cardiovascular Exercises**

Time: 10 min

Method: Practical Activity



The following information will be explained to the cadets during the cool-down activity.

**PURPOSE OF A COOL-DOWN**

A cool-down is composed of stretches and light cardiovascular exercises designed to:

- allow the body time to slowly recover from physical activity and to help prevent injury;
- prepare the respiratory system to return to its normal state; and
- stretch the muscles to help relax and restore them to their resting length.



The stretches chosen should focus on the areas of the body that were used the most during the sports activity.

**ACTIVITY****OBJECTIVE**

The objective of the cool-down is to stretch the muscles and perform light cardiovascular exercises that allow the body time to recover from physical activity, and to prevent injury.

**RESOURCES**

N/A.

**ACTIVITY LAYOUT**

N/A.

**ACTIVITY INSTRUCTIONS**

- Arrange the cadets in either a warm-up circle or in rows (as illustrated in [Figures 5-1](#) and [5-2](#)).
- Demonstrate before having the cadets attempt each stretch/light cardiovascular exercise.
- Assistant instructors can help demonstrate the movements and ensure the cadets are performing them correctly.
- Have cadets perform each stretch/light cardiovascular exercise.

**SAFETY**

- Ensure there are at least two arm lengths between the cadets so they can move freely.

- Ensure the cadets perform the stretches and light cardiovascular exercises in a safe manner, following the guidelines for stretching listed in TP2.

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#### CONFIRMATION OF TEACHING POINT 4

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#### QUESTIONS

- Q1. What is the purpose of a cool-down?
- Q2. How many times should each stretch be repeated?
- Q3. How much cool-down time should you allow for each hour of training?

#### ANTICIPATED ANSWERS

- A1. A cool-down is composed of stretches and light cardiovascular exercises designed to:
- allow the body time to slowly recover from physical activity and to help prevent injury;
  - prepare the respiratory system to return to its normal state; and
  - stretch the muscles to help relax and restore them to their resting length.
- A2. Two to three times.
- A3. Ten minutes.

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#### END OF LESSON CONFIRMATION

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The cadets' participation in recreational team sports will serve as the confirmation of this lesson.

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#### CONCLUSION

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#### HOMEWORK/READING/PRACTICE

N/A.

#### METHOD OF EVALUATION

N/A.

#### CLOSING STATEMENT

Recreational team sports are fun activities that promote physical fitness, which is one of the aims of the Cadet Program.

#### INSTRUCTOR NOTES/REMARKS

Recreational sports can be carried out as nine periods during a supported day or over three sessions of three periods each.

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#### REFERENCES

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