

LESSONS

SESSION	LESSON	PAGES	WORKBOOK	TOPIC
MONTH 1				
1	1	7	1	Introductions
1	2	9	2	Introduction to Sea Cadets
1	3	11	3 & 4	Recruit Orientation Requirements
1	4	15	5	Classroom Etiquette
1	5	19	6	Military Bearing and Proper Cadet Behavior
1	6	23	7 & 8	Required Sea Cadet Knowledge
2	7	27	9	Home Unit History and Information
2	8	29	10	24-Hour Clock
2	9	31		What to Expect at Drill
2	10	33		Review Activity – Jeopardy
2	11	35	11	In-Place Close Order Drill
2	12	39	12	Physical Fitness and the Physical Readiness Test
3	13	45	13	Role of the Adult Volunteers
3	14	47	14	Chain of Command
3	15	51	15 & 16	Sea Cadet Rank Insignia
3	16	55	17 & 18	Communications
4	17	61	19	Cadet Requirements
4	18	63	20	Core Values and Standards of Conduct
4	19	69	20 & 21	Review Activity – Dice
4	20	71		Alcohol, Drugs, and Tobacco
MONTH 2				
5	21	75	22	Bullying, Hazing, and Sexual Harassment
5	22	81	23	Fraternization
5	23	83	24	Fair Treatment and Respect
6	24	87	25	Anchors Aweigh and the Sea Cadet Oath
6	25	89		Advancement Requirements
6	26	91	26	Ribbons, Appurtenances, and Badges
6	27	93		Review Activity – Bingo
6	28	95		Recruit Training and Advancement Trainings

LESSONS

SESSION	LESSON	PAGES	WORKBOOK	TOPIC
MONTH 2 (Continued)				
7	29	99	27	Phonetic Alphabet
7	30	101	28 & 29	The Eleven General Orders of a Sentry
7	31	105	30-33	Sea Cadet Terminology
7	32	107	35	Basic Military Etiquette
8	33	113	35	Greeting & Saluting
8	34	117	34	Quarterdeck Procedures
8	35	121	35	Reporting In & Out
8	36	123	35	Colors and Flag Etiquette
8	37	127	35	Review Activity – Workbook Page
MONTH 3				
9	38	131		Disciplinary Actions
9	39	135	36	Cadet Protections
9	40	137	37	Cyber Safety
10	41	143	38	Basic Hygiene and Cleanliness
10	42	149		Hair Grooming Standards
10	43	153	39	Other Grooming Regulations
10	44	157	40-42	Types of Uniforms
10	45	161	43 & 44	Uniform Wear and Care
11	46	169	45 & 46	Getting Ready for Recruit Training
11	47	173	47	Preparing Your Seabag
11	48	177		Review Activity – Packing a Seabag
12	N/A	181		Recruit Orientation Round Up
12	N/A	183		Appendix 1: Learning Objectives