

Core Course Outlines

Unit 1: Leadership Education and Training (LET) – The Emerging Leader

This is the first of four core courses in the Army Junior Reserve Officers' Training Corps (JROTC) high school program. This course supports 22 lessons designed for first-year Cadets. Because the central focus of the JROTC program is to help develop strong leaders and model citizens. First year Cadets are introduced to content that will help the inner leader begin to emerge. Knowledge, skills, and abilities acquired in this unit are covered in five chapters. They are:

Chapter 1: JROTC Foundations introduces Cadets to the mission of the program and how it helps prepare personal success and citizenship. They are exposed to the traditions, organizational structure, and disciplines of JROTC and begin putting into practice customs and courtesies important in the program.

Chapter 2: Personal Growth and Behaviors focuses on the Cadet. In this chapter they take a close look at personal behavioral preferences, interpersonal skills and abilities, and strategies to help build personal success -- in the high school classroom, the JROTC program, and the Cadet's community.

Chapter 3: Team Building introduces Cadets to the discipline and structure of military drill. The individual role responding to commands and moving with precision is essential when participating in drill exercises at future competitions or community events.

Chapter 4: Decision Making introduces Cadets to a process and system for addressing goals and handling conflict, both internal and with others.

Chapter 5: Health and Fitness looks at stress and its effect on health. In this chapter, Cadets will examine ways to address and manage stress in life. Physical fitness is one effective strategy for maintaining health and is an essential component of this JROTC program through Cadet Challenge.

Chapter 6: Service Learning is a required element of the JROTC program. In LET 1, Cadets learn the features and benefits of service learning for the community, one's self, and the JROTC program.

Chapter 1: JROTC Foundations

Lesson	Competency	Objectives	Class Hours	Rec. Lab Hours
U1C1L1: Introducing JROTC	Describe how the Army JROTC program promotes personal success and citizenship Repurposed: <i>U1C1L1: Identify how Army JROTC can impact your future.</i> <i>U1C1L2: Analyze the purpose of the Army JROTC program</i>	<ul style="list-style-type: none"> Describe the origin of the Army JROTC program Describe activities you'll participate in as a Cadet Identify the program outcomes of the Army JROTC program Explain the mission and benefits of the Army JROTC program State the Army JROTC Cadet Creed Describe the core curriculum of the Army JROTC program 	2	
U1C1L2: JROTC - The Organization and Traditions of Service Programs	Analyze the organization and traditions of JROTC programs Repurposed: <i>U1C1L3: Illustrate the rank and structure of the US Army JROTC</i>	<ul style="list-style-type: none"> Explain the organization of JROTC programs Explain the lines of responsibility and authority in JROTC programs Correlate duties and responsibilities with positions in the JROTC battalion Explain uniform wear and history 	6	2

	<p><i>U1C1L4: Determine which signs of success you plan to accomplish within JROTC</i></p> <p><i>U1C1L5: Demonstrate proper Cadet appearance</i></p>	<ul style="list-style-type: none"> • Explain the purpose of uniform wear, restrictions, and standards • Describe the proper care and maintenance of each piece of the uniform • Describe Cadet appearance and grooming standards • Match Army ranks to their proper titles Identify military rank and grade insignia • Demonstrate placement of uniform awards, insignias, and decorations • Classify the components of individual award categories • Define award criteria 		
U1C1L3: Customs and Courtesies of JROTC	<p>Demonstrate customs and courtesies in the JROTC environment</p> <p>Repurposed</p> <p><i>U1C1L6: Demonstrate protocol to show respect for and handle the US Flag;</i></p> <p><i>U1C1L7: Demonstrate courtesies during the playing of the National Anthem.</i></p> <p><i>U1C1L8: Explore the purpose of military traditions, customs, and courtesies</i></p>	<ul style="list-style-type: none"> • Explain how our nation arrived at the current design of the United States flag • Explain the symbolism of the parts and colors on the United States flag • Explain the origin of the lyrics in our national anthem • Demonstrate a salute • Demonstrate the correct way to fold the United States flag • Demonstrate how to show respect for the United States flag • Compare the rules for displaying the United States flag in different situations • Describe customs when the national anthem is played • Explain why there are rules for saluting and addressing officers • Distinguish among the types of personal salutes and when they are executed • Identify situations requiring a salute or other forms of respect to senior officers 	3	2
U1C1L4: Social Etiquette and Manners	<p>Demonstrate proper etiquette in social settings</p> <p>Repurposed</p> <p><i>U3C10L4: Apply the rules of etiquette to your role as a Cadet</i></p>	<ul style="list-style-type: none"> • Analyze etiquette and manners in formal and informal settings • Explain the handling of social invitations • Demonstrate proper dining etiquette • Correlate the historical significance of Dining-In, Dining-Out to the Cadet Ball 	4	
Chapter 2: Personal Growth and Behaviors				
U1C2L1: Thinking Maps®	<p>Use Thinking Maps® to enhance learning</p> <p>Repurposed</p> <p><i>U3C3L1: Use Thinking Maps to enhance learning</i></p>	<ul style="list-style-type: none"> • Identify the types of thinking processes • Relate thinking to learning • Correlate thinking processes to the eight Thinking Maps® • Use Thinking Maps® to visually represent a learning objective 	3	1

U1C2L2: Self-Awareness	Determine your behavioral preferences Repurposed <i>U3C1L1: Determine your behavioral preferences</i>	<ul style="list-style-type: none"> • Explain the four clusters of behavior in the Winning Colors® framework • Illustrate your behavioral preferences using the four Winning Colors® • Identify strengths for each behavior cluster • Express appreciation for your own uniqueness 	3	
U1C2L3: Appreciating Diversity through Winning Colors®	Apply an appreciation of diversity to interpersonal situations Repurposed <i>U3C1L2: Apply an appreciation of diversity to interpersonal situations</i>	<ul style="list-style-type: none"> • Explain how awareness-enhancing behaviors affect better communication with others • Identify key characteristics for each Winning Colors® behavior cluster: Builders, Planners, Adventurers, and Relaters • Determine factors that impact the behavior of others • Evaluate factors that impact how others perceive individual behavior • Select behaviors that promote success in a variety of situations 	3	
U1C2L4: Thinking and Learning	Analyze how thinking and learning affects your academic performance Repurposed <i>U3C2L3: Explain how learning styles and preferences can impact learning</i> <i>U3C2L4: Use your intellectual strengths to improve academic performance</i> <i>U3C1L4: Determine the thinking/learning skills necessary for improving active learning</i>	<ul style="list-style-type: none"> • Distinguish between active learner and passive learner traits • Explain how creative and critical thinking work together • Describe the difference between objective and subjective thinking • Explain the essential elements of the learning process • Examine different models of learning preferences • Describe the eight types of intelligences • Explore how to expand your learning preferences and your intelligences 	4	
U1C2L5: Reading for Meaning	Apply strategies for reading comprehension Repurposed <i>U3C3L2: Select reading comprehension strategies to enhance learning</i>	<ul style="list-style-type: none"> • Identify the purposes of reading • Distinguish among reading comprehension strategies • Distinguish among the types of context clues readers use to determine word meaning • Recognize how to apply strategies that build your vocabulary • Relate how vocabulary contributes to reading comprehension 	4	
U1C2L6: Studying and Test-Taking	Develop study skills and test-taking strategies Repurposed <i>U3C3L3: Develop personal study and test-taking strategies</i>	<ul style="list-style-type: none"> • Describe effective study habits • Demonstrate effective textbook reading strategies • Analyze effective note-taking strategies • Explain effective strategies for test preparation and test-taking 	3	
U1C2L7: Personal Code of Conduct	Develop a personal code of conduct Repurposed	<ul style="list-style-type: none"> • Describe how values affect behavior • Identify the seven values of the U.S. Army 	3	

	<i>U2C1L3: Develop a personal code of ethics</i>	<ul style="list-style-type: none"> Describe basic rules of ethics Compare cultural, universal, and non-universal norms Explain the process for making ethical decisions Describe the benefits of a personal code of conduct 		
U1C2L8: Personal Growth Plan	Develop a plan for personal growth Repurposed <i>U3C1L3: Develop a plan for personal growth</i>	<ul style="list-style-type: none"> Distinguish between the 14 critical emotional skills Relate the critical emotional skills to the five emotional skill dimensions Develop strategies for growth in emotional skill areas 	3	2
Chapter 3: Team Building				
U1C3L1: Team Building and Drill	Relate drill competence to life skills Repurposed <i>U2C2L1: Explain the importance of drill in military discipline</i>	<ul style="list-style-type: none"> Summarize the origin of drill dating back to the Continental Army of the United States Identify skills learned by drilling Compare the qualities of teamwork instilled in the Continental Army to the teamwork qualities that military drill develops today 	2	
U1C3L2: Stationary Movements and Marching Techniques	Perform stationary movements and marching techniques on command Repurposed <i>U2C2L4: Demonstrate correct stationary movements on command</i> <i>U2C2L5: Demonstrate correct marching technique on command</i>	<ul style="list-style-type: none"> Describe the position of attention Describe how to respond to positions of rest commands Describe how to respond to facing commands Describe the correct way to salute in a variety of situations Describe how to execute marching movements from various commands Describe how to respond to halt commands 	4	18
U1C3L3: Squad Drill	Demonstrate correct response to squad drill commands Repurposed <i>U2C2L6: Demonstrate correct response to squad drill commands</i>	<ul style="list-style-type: none"> Describe how to respond to commands when forming and marching the squad Identify the different types of squad formations and their related drill commands Identify the locations of key squad personnel in squad formation 	3	6
Chapter 4: Decision Making				
U1C4L1: Making Decisions and Setting Goals	Apply the processes for making personal decisions and setting goals NEW	<ul style="list-style-type: none"> Describe the steps used to make decisions Identify guidelines used to evaluate choices Evaluate decisions for positive outcomes Describe the SMART goal-setting system Analyze goals for potential success 	3	
U1C4L2: Anger Management	Develop personal anger management strategies Repurposed <i>U3C7L1: Apply anger management strategies</i>	<ul style="list-style-type: none"> Describe common causes of anger Identify physical effects of anger Examine possible reactions to anger Distinguish healthy from unhealthy reactions to anger Describe healthy anger management strategies 	3	

U1C4L3: Resolving Conflicts	Apply conflict resolution techniques Repurposed <i>U3C5L1: Determine the causes of conflict</i> <i>U3C5L2: Apply conflict resolution techniques</i>	<ul style="list-style-type: none"> • Explain how conflict affects relationships • Describe the causes and types of conflicts • Evaluate options and consequences for dealing with conflict • Use communication skills to respond positively to a conflict • Apply the six steps for conflict resolution • Apply knowledge of Winning Colors® to resolve conflict 	4	
Chapter 5: Health and Fitness				
U1C5L1: Understanding and Controlling Stress	Determine the causes, effects, and coping strategies for stress in your life Repurposed <i>U4C1L8: Assess how stress impacts your life</i>	<ul style="list-style-type: none"> • Differentiate between positive and negative stress • Identify sources of stress • Identify the stages of the body's stress response • Describe physical and behavioral effects of prolonged stress • Describe ways to manage stress 	2	
U1C5L2: Cadet Challenge	Meet the physical fitness standards for the Cadet Challenge Repurposed <i>U4C1L2: Meet the physical fitness standards for the Cadet Challenge</i>	<ul style="list-style-type: none"> • Identify the five Cadet Challenge exercises • Describe the proper techniques for the Cadet Challenge exercises • Distinguish between the various fitness award categories • Determine your personal Cadet Challenge goal 	2	10
Chapter 6: Service Learning				
U1C6L1: Orientation to Service Learning	Identify the components of service learning Repurposed <i>U3C8L1: Identify the components of Service Learning</i>	<ul style="list-style-type: none"> • Distinguish between service learning and community service • Explain how service learning projects relate to Cadet learning in the classroom • Compare the types of service opportunities within your community • Identify the benefits of serving others within a community 	2	
U1C6L2: Preparing for Service Learning	Prepare for a service learning project Repurposed <i>U3C8L2: Preparing for Service Learning</i>	<ul style="list-style-type: none"> • Identify the steps needed to conduct a service learning project • Identify the essential components of a service learning project • Develop a service learning project plan • Identify the roles of team members in completing a service learning project 	2	10
Total Lessons: 22		Total Contact Hours	68	51