



**COMMON TRAINING
ALL TRAINING LEVELS
INSTRUCTIONAL GUIDE
PHYSICAL ACTIVITIES**



SECTION 1

PO X05 – PARTICIPATE IN PHYSICAL ACTIVITIES

Total Time:

For the following EOs, refer to the instructional guides located in A-CR-CCP-801/PF-001, *Royal Canadian Air Cadets Proficiency Level One Instructional Guides*:

- MX05.01 – Participate in Physical Activities,
- CX05.01 – Participate in Physical Activities, and
- CX05.02 – Participate in a Tournament.