

JROTC Program of Instruction

Training Units and Chapters

*Mandatory core lessons are shown in gray.

Current (re-assigned) numbers appear in the bolded left column; **previous lesson numbers** appear in the second column.

Mandatory Core Service Learning

These three lessons are mandatory and should be taught in each LET level in conjunction with service learning projects in the 10 hours available in that category.

Unit 3 - Foundations for Success

| <i>Chapter 8: Making a Difference with Service Learning</i> ^o | | | |
|---|-----------------|---|---|
| U3-C8-L1 | <i>U3-C6-L1</i> | Orientation to Service Learning | 2 |
| U3-C8-L2 | <i>U3-C6-L2</i> | Plan and Train for Your Exploratory Project | 2 |
| U3-C8-L3 | <i>U3-C6-L3</i> | Project Reflection and Integration ^o | 2 |

Total Service Learning Core Hours **6**

LET 1

Unit 1 - Citizenship in Action

| <i>Chapter 1: Foundations of Army JROTC and Getting Involved</i> ^o | | | |
|--|--------------------------|---|---|
| U1-C1-L1 | <i>U1-C1-L1</i> | Army JROTC - The Making of a Better Citizen | 2 |
| U1-C1-L2 | <i>U1-C1-L2</i> | The Past and Purpose of Army JROTC | 2 |
| U1-C1-L3 | <i>U1-C1-L3</i> | Moving Up in Army JROTC - Rank and Structure | 2 |
| U1-C1-L4 | <i>U1-C1-L4</i> | The Signs of Success | 2 |
| U1-C1-L5 | <i>U1-C1-L5 & L6</i> | Your Personal Appearance and Uniform | 4 |
| U1-C1-L6 | <i>U1-C1-L7</i> | The Stars and Stripes | 2 |
| U1-C1-L7 | <i>U1-C1-L8</i> | Proudly We Sing - The National Anthem ^o | 2 |
| U1-C1-L8 | <i>U1-C1-L9</i> | American Military Traditions, Customs, and Courtesies | 2 |

Unit 2 - Leadership Theory and Application

| <i>Chapter 1: Being a Leader</i> ^o | | | |
|--|-----------------|--------------------------------|---|
| U2-C1-L1 | <i>U2-C1-L1</i> | Leadership Defined | 2 |
| U2-C1-L2 | <i>U2-C1-L2</i> | Leadership Reshuffled | 2 |
| U2-C1-L3 | <i>U2-C1-L3</i> | Leadership from the Inside Out | 2 |
| U2-C1-L4 | <i>U2-C1-L4</i> | Principles and Leadership | 2 |
| U2-C1-L5 | <i>U2-C1-L3</i> | Sexual Harassment/Assault | 4 |
| <i>Chapter 2: Leadership Skills</i> | | | |
| U2-C2-L1 | <i>U2-C4-L1</i> | Steps from the Past | 2 |

| | | | |
|----------|----------|--|---|
| U2-C2-L2 | U2-C4-L2 | Roles of Leaders and Followers in Drill | 2 |
| U2-C2-L3 | U2-C4-L3 | Using Your Leadership Skills/Taking Charge | 2 |
| U2-C2-L4 | U2-C4-L4 | Stationary Movements | ° |
| U2-C2-L5 | U2-C4-L5 | Steps and Marching | ° |
| U2-C2-L6 | U2-C4-L6 | Squad Drill° | ° |

Unit 3 - Foundations for Success

| | | | |
|--|-------------|---|---|
| Chapter 1: Know Yourself – Socrates ° | | | |
| U3-C1-L1 | U3-C1-L1 | Self Awareness | 2 |
| U3-C1-L2 | U3-C1-L2 | Appreciating Diversity through Winning Colors | 2 |
| U3-C1-L3 | U3-C1-L3 | Personal Growth Plan | 2 |
| U3-C1-L4 | U3-C2-L1 | Becoming an Active Learner° | 2 |
| Chapter 2: Learning to Learn | | | |
| U3-C2-L1 | U3-C1-L4 | Brain Structure and Function | 2 |
| U3-C2-L2 | U3-C1-L5 | Left Brain/Right Brain | ° |
| U3-C2-L3 | U3-C1-L6/L7 | Learning Style and Processing Preferences | 2 |
| U3-C2-L4 | U3-C1-L8 | Multiple Intelligences | 2 |
| Chapter 3: Study Skills ° | | | |
| U3-C3-L1 | new | Thinking Maps | 2 |
| U3-C3-L2 | U3-C2-L2/L3 | Reading For Meaning | 2 |
| U3-C3-L3 | U3-C2-L4/L5 | Study Habits that Work for You | 2 |
| Chapter 4: Communication Skills ° | | | |
| U3-C4-L1 | U3-C3-L1 | The Communication Process | 2 |
| U3-C4-L2 | U3-C3-L3 | Becoming a Better Listener | 2 |
| U3-C4-L3 | U3-C3-L6/L7 | Communicating in Groups | ° |
| Chapter 5: Conflict Resolution ° | | | |
| U3-C5-L1 | U3-C4-L1 | Causes of Conflict | 2 |
| U3-C5-L2 | U3-C4-L2 | Conflict Resolution Techniques [Just Two Days] | 2 |
| Chapter 11: NEFE High School Financial Planning Program ° | | | |
| U3-C11-L1 | U3-NEFE-L1 | NEFE Introduction: Setting Financial Goals | 2 |

Total LET 1 Core Hours

66

LET 2

Unit 4 – Wellness, Fitness and First Aid

| | | | |
|---|----------|---|---|
| Chapter 1: Achieving a Healthy Lifestyle □ | | | |
| U4-C1-L1 | U4-C1-L1 | Choosing the Right Exercise Program for You | ° |
| U4-C1-L2 | U4-C2-L1 | Cadet Challenge (62 units) | |
| U4-C1-L3 | U4-C1-L2 | You Are What You Eat | 2 |
| U4-C1-L4 | U4-C1-L3 | Nutrition - Nourishing Your Body | 2 |
| U4-C1-L5 | U4-C1-L4 | Dietary Guidelines | ° |

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|--|----------------|---|---|
| U4-C1-L6 | U4-C1-L5 | Controlling Fat | ° |
| U4-C1-L7 | U4-C1-L6 | Taking Care of Yourself | ° |
| U4-C1-L8 | U4-C1-L7 | Understanding and Controlling Stress | ° |
| Chapter 2: First Aid for Emergency and Non-Emergency Situations | | | |
| U4-C2-L1 | U4-C3-L1 | The Need for First Aid/Your Response | 2 |
| U4-C2-L2 | U4-C3-L2 | The First Life-Saving Steps | 2 |
| U4-C2-L3 | U4-C3-L3 | Controlling Bleeding | 2 |
| U4-C2-L4 | U4-C3-L4 | Treating for Shock and Immobilizing Fractures | 2 |
| U4-C2-L5 | U4-C3-L5 | First Aid for Burns | 2 |
| U4-C2-L6 | U4-C3-L6 | First Aid for Poisons, Wounds, and Bruises | 2 |
| U4-C2-L7 | U4-C3-L7 | Heat Injuries | 2 |
| U4-C2-L8 | U4-C3-L8 | Cold Weather Injuries | 2 |
| U4-C2-L9 | U4-C3-L9 | Bites, Stings, and Poisonous Hazards° | 2 |
| Chapter 3: Drug Awareness | | | |
| U4-C3-L1 | U4-C4-L1/2/3/4 | Use & Effect of Drugs, Alcohol, and Substances | 4 |
| U4-C3-L2 | U4-C5-L1/2/3 | Critical Decisions about Substances [Interactive Nights Out] | 2 |

Unit 5 - Geography, Map Skills and Environmental Awareness

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|---|----------|--|---|
| Chapter 1: Map Skills | | | |
| U5-C1-L1 | U5-C1-L1 | The Globe: An Overview | ° |
| U5-C1-L2 | U5-C2-L1 | Introduction to Maps | 2 |
| U5-C1-L3 | U5-C2-L2 | Introduction to Topographic Maps | ° |
| U5-C1-L4 | U5-C2-L3 | Grid Reference System | ° |
| U5-C1-L5 | U5-C2-L4 | Contours and Landforms | ° |
| U5-C1-L6 | U5-C2-L5 | Determining Distance | ° |
| U5-C1-L7 | U5-C2-L6 | Determining Direction | ° |
| U5-C1-L8 | U5-C2-L7 | Converting the Grid-Magnetic Angle | ° |
| U5-C1-L9 | U5-C2-L8 | Determining Location | ° |
| U5-C1-L10 | U5-C3-L1 | Orienteering | ° |
| U5-C1-L11 | U5-C3-L2 | Air Navigation° | ° |
| Chapter 2: Exploring the World | | | |
| U5-C2-L1 | U5-C2-L1 | Before You Get Started | ° |
| U5-C2-L2 | U5-C2-L2 | North America--From Tundra to Tropics | ° |
| U5-C2-L3 | U5-C2-L3 | South America--Through the Tropics Toward Antarctica | ° |
| U5-C2-L4 | U5-C2-L4 | Europe--The Peninsular Continent | ° |
| U5-C2-L5 | U5-C2-L5 | Asia--The Largest, Most Populous Continent | ° |
| U5-C2-L6 | U5-C2-L6 | Africa--The Plateau Continent | ° |
| U5-C2-L7 | U5-C2-L7 | Australia and the Rest of Oceania | ° |
| Chapter 3: Environmental Awareness | | | |
| U5-C3-L1 | U5-C3-L1 | Local Environmental Issues | ° |
| U5-C3-L2 | U5-C3-L2 | Global Environmental Issues | ° |

Unit 6 - Citizenship in American History and Government

| Chapter 1: You the People - Citizenship Skills | | | |
|---|------------------------|---|---|
| U6-C1-L1 | U6-C1-L1 | The Preamble | 2 |
| U6-C1-L2 | U6-C1-L2,3,4,5 | Citizenship Skills | 2 |
| U6-C1-L3 | U6-C3-L1&2&3 | Small Group Meetings | 2 |
| U6-C1-L4 | U6-C3-L4 | Representative Group Session | 2 |
| U6-C1-L5 | U6-C6-L1 | Introduction to Chief Justice | 2 |
| Chapter 2: Foundations of the American Political System [We The People - Unit 1] | | | |
| U6-C2-L1 | WTP L1 & L2 (new) | Our Natural Rights | 2 |
| U6-C2-L2 | WTP L3 & L4 (new) | Developing Republican Government | 2 |
| U6-C2-L3 | WTP L5 & L6 (new) | British Origins of American Constitutionalism | 2 |
| U6-C2-L4 | WTP L7 & L8 (new) | Colonial Government--Basic Rights & Constitutional Government | 2 |
| U6-C2-L5 | WTP L9 (new) | State Constitutions | 2 |
| Chapter 3: Creating the Constitution [We The People - Unit 2] | | | |
| U6-C3-L1 | WTP L10 (new) | Articles of Confederation 1871 | 2 |
| U6-C3-L2 | WTP L11 & L12 (new) | Creating our Constitution | 2 |
| U6-C3-L3 | WTP L13 & L14 (new) | Balancing the Power | 2 |
| U6-C3-L4 | WTP L15-L17 (new) | The Debate over the Constitution (180 minutes) | ° |
| Chapter 4: Shaping American Institutions and Practices [We The People - Unit 3] | | | |
| U6-C4-L1 | WTP L18 (new) | Constitution Used to Organize New Government | ° |
| U6-C4-L2 | WTP L19 (new) | Bill of Rights | ° |
| U6-C4-L3 | WTP L20 (new) | Rise of Political Parties | ° |
| U6-C4-L4 | WTP L21 (new) | Judicial Review | ° |
| U6-C4-L5 | WTP L22 (new) | Division of Power | ° |
| Chapter 5: Bill of Rights Developed and Expanded [We The People - Unit 4] | | | |
| U6-C5-L1 | WTP L23 & L24 (new) | Constitutional Issues and the Civil War | ° |
| U6-C5-L2 | WTP L25 (new) | Fourteenth Amendment | □ |
| U6-C5-L3 | WTP L26 (new) | Civil Rights Movement | □ |
| U6-C5-L4 | WTP L27 (new) | Right to Vote | □ |
| U6-C5-L5 | WTP L28 (new) | Using the Law to Correct Injustice | ° |
| Chapter 6: The Bill of Rights [We The People - Unit 5] | | | |
| U6-C6-L1 | WTP L29 (new) | First Amendment and Freedom of Religion | ° |
| U6-C6-L2 | WTP L30 (new) | First Amendment and Freedom of Expression | ° |
| U6-C6-L3 | WTP L31 (new) | First Amendment and Freedom of Assembly | ° |
| U6-C6-L4 | WTP L32 (new) | Procedural Due Process | ° |
| U6-C6-L5 | WTP L33 (new) | Protection Against Unreasonable Law Enforcement | ° |
| U6-C6-L6 | WTP L34 (new) | Protection of Rights Within the Judicial System | 2 |
| U6-C6-L7 | U6-C6-L5 | Military Justice System | 2 |
| Chapter 7: Citizen Roles in American Democracy [We The People - Unit 6] | | | |
| U6-C7-L1 | WTP L35 & L36 (new) | Roles of Citizens | 2 |
| U6-C7-L2 | WTP L37 & L39 (new) | New Citizenship and Constitutional Issues | 2 |

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|----------|---------------|--|---|
| U6-C7-L3 | WTP L38 (new) | Constitutionalism and other Countries□ | 2 |
| U6-C7-L4 | WTP L40 (new) | Defending Fundamental Principles | ° |

Total LET 2 Core Hours

66

LET 3

Unit 1 – Citizenship in Action

| | | | |
|--|-----------|------------------------------------|----|
| <i>Chapter 1: Foundations of Army JROTC and Getting Involved</i> | | | |
| U1-C1-L9 | U2-C3-L10 | Basic Command and Staff Principles | 2° |

Unit 2 - Leadership Theory and Application

| | | | |
|---|-----------|--|---|
| <i>Chapter 3: Leadership Planning</i> | | | |
| U2-C3-L1 | U2-C2-L6 | Development (210 min) | ° |
| U2-C3-L2 | U2-C2-L7 | Goal Setting ° | ° |
| <i>Chapter 4: Leadership Strategies</i> | | | |
| U2-C4-L1 | U2-C1-L5 | Celebrating Differences - Culture and Individual Diversity | 2 |
| U2-C4-L2 | U2-C3-L1 | Performance Indicators | 2 |
| U2-C4-L3 | U2-C3-L2 | Negotiating | 2 |
| U2-C4-L4 | U2-C3-L3 | Decision Making and Problem Solving | 2 |
| U2-C4-L5 | U2-C3-L5 | Leading Meetings | ° |
| U2-C4-L6 | U2-C3-L6 | Supervising | ° |
| U2-C4-L7 | U2-C3-L7 | Team Development | ° |
| U2-C4-L8 | U2-C3-L8 | Project Management | ° |
| U2-C4-L9 | U2-C3-L9 | Mentoring | ° |
| <i>Chapter 5: Leading Others °</i> | | | |
| U2-C5-L1 | U2-C4-L7 | Platoon Drill | 2 |
| U2-C5-L2 | U2-C4-L8 | Taking Charge--Knowing Your Responsibilities as a Leader | 2 |
| U2-C5-L3 | U2-C4-L9 | Company Formations and Movement | ° |
| U2-C5-L4 | U2-C4-L10 | Forming, Inspecting, and Dismissing the Battalion | ° |
| U2-C5-L5 | U2-C4-L11 | Review of Drill Procedures | ° |
| U2-C5-L6 | U2-C4-L12 | Stationary Movements with the M-1903 Rifle | ° |
| U2-C5-L7 | U2-C4-L13 | Stationary Movements with the M1 Rifle | ° |
| U2-C5-L8 | U2-C4-L14 | The Saber and the Scabbard° | ° |

Unit 3 - Foundations for Success

| | | | |
|---------------------------------------|----------|----------------------------|---|
| <i>Chapter 6: Presenting Skills °</i> | | | |
| U3-C6-L1 | U3-C3-L2 | Becoming a Better Writer | 2 |
| U3-C6-L2 | U3-C3-L4 | Creating Better Speeches | 2 |
| U3-C6-L3 | U3-C3-L5 | Becoming a Better Speaker° | 2 |
| <i>Chapter 7: Managing Conflict °</i> | | | |

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|----------|-----------------|--|---|
| U3-C7-L1 | <i>new</i> | Managing Anger [Emotional Intelligence Program] | 2 |
| U3-C7-L2 | <i>new</i> | Conflict Resolution and Diversity [Hate Comes Home] | 2 |
| U3-C7-L3 | <i>U3-C4-L3</i> | Conflict Mediation | 2 |
| U3-C7-L4 | <i>new</i> | Violence Prevention [Violence Prevention Profiler] | 2 |

Chapter 9: Career Planning °

| | | | |
|----------|------------------------|-------------------------------|---|
| U3-C9-L1 | <i>U3C7L1/L3, C9L2</i> | Career Exploration Strategy | 2 |
| U3-C9-L2 | <i>U3-C7-L2</i> | Career Development Portfolio | 2 |
| U3-C9-L3 | <i>U3-C7-L4</i> | Military Career Opportunities | 2 |
| U3-C9-L4 | <i>U3-C7-L5</i> | College Preparation | 2 |

Chapter 10: Planning Skills and Social Responsibility °

| | | | |
|-----------|-----------------|--------------------------|---|
| U3-C10-L1 | <i>U3-C8-L1</i> | Making the Right Choices | 2 |
| U3-C10-L2 | <i>U3-C8-L2</i> | Goals and Goal Setting | 2 |
| U3-C10-L3 | <i>U3-C8-L3</i> | Time Management | 2 |
| U3-C10-L4 | <i>U3-C8-L4</i> | Cadet Etiquette Guide | 2 |

Chapter 11: NEFE High School Financial Planning Program °

| | | | |
|----------|-------------------|---|---|
| U3-11-L2 | <i>U3-NEFE-L1</i> | NEFE Unit 1 - Financial Planning: Your Road Map | 2 |
| U3-11-L3 | <i>U3-NEFE-L3</i> | NEFE Unit 3 — Budgeting: Don't Go Broke ° | 2 |
| U3-11-L4 | <i>U3-NEFE-L4</i> | NEFE Unit 4 - Savings & Investments: Your Money at Work | 2 |

Unit 6 - Citizenship in American History and Government

Chapter 8: Critical Thinking in Citizenship □

| | | | |
|----------|------------|---|---|
| U6-C8-L1 | <i>new</i> | Leadership Choices, Decisions, & Consequences | 4 |
| U6-C8-L2 | <i>new</i> | Ethical Choices, Decisions, & Consequences | 4 |
| U6-C8-L3 | <i>new</i> | Global Citizenship Choices, Decisions, & Consequences | 4 |
| U6-C8-L4 | <i>new</i> | Historical Timeline: Choices, Decisions, & Consequences | 4 |

Total LET 3 Core Hours

66

LET 4

Unit 1 - Citizenship in Action

Chapter 2: Service to the Nation

| | | | |
|----------|-----------------|---|---|
| U1-C2-L1 | <i>U1-C2-L1</i> | The Department of Defense | 2 |
| U1-C2-L2 | <i>U1-C2-L2</i> | The Active Army | 2 |
| U1-C2-L3 | <i>U1-C2-L3</i> | The Army Reserve Components | 2 |
| U1-C2-L4 | <i>U1-C2-L4</i> | The U.S. Navy | ° |
| U1-C2-L5 | <i>U1-C2-L5</i> | The U.S. Air Force | ° |
| U1-C2-L6 | <i>U1-C2-L6</i> | The U.S. Marine Corps | ° |
| U1-C2-L7 | <i>U1-C2-L7</i> | The U.S. Coast Guard and U.S. Merchant Marine | ° |
| U1-C2-L8 | <i>new</i> | The Peace Corps | ° |
| U1-C2-L9 | <i>new</i> | The AmeriCorps | ° |

Unit 2 - Leadership Theory and Application

| <i>Chapter 6: Leadership Principles</i> | | | |
|---|----------|---------------------------|---|
| U2-C6-L1 | U2-C2-L1 | Power Bases and Influence | 2 |
| U2-C6-L2 | U2-C2-L2 | Styles of Leadership | 2 |
| U2-C6-L3 | U2-C2-L3 | Management Skills | 2 |
| U2-C6-L4 | U2-C2-L4 | Communication | 2 |
| U2-C6-L5 | U2-C2-L5 | Motivation | 2 |

Unit 3 - Foundations for Success

| <i>Chapter 11: NEFE High School Financial Planning Program</i> | | | |
|--|------------|---|---|
| U3-11-L5 | U3-NEFE-L5 | NEFE Unit 5 - Credit: Buy Now, Pay Later | 2 |
| U3-11-L6 | U3-NEFE-L6 | NEFE Unit 6 - Insurance: Your Protection ^o | 2 |
| <i>Chapter 12: Teaching Skills^o</i> | | | |
| U3-C12-L1 | U3-C5-L1 | Preparing to Teach | 2 |
| U3-C12-L2 | U3-C5-L2 | Using and Developing Lesson Plans | 2 |
| U3-C12-L3 | U3-C5-L3 | Delivering Instruction | 2 |
| U3-C12-L4 | U3-C5-L4 | Using Variety in Your Lesson Plan | 2 |
| U3-C12-L5 | U3-C5-L5 | Thinking Maps and Graphic Organizers | 2 |
| U3-C12-L6 | U3-C5-L6 | Using Feedback in the Classroom ^o | 2 |

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| <i>Mandatory Options</i> | 34 |
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Total LET 4 Core Hours

66