

**Groton Public Schools
Curriculum Map**

INTRODUCTION

Course Title: Naval Science One (NS-1)
Curriculum Area and Grade: Navy National Defense Cadet Corps (NNDCC)/NJROTC

Course Purpose:

The Naval Science One course is a study of basic naval orientation, citizenship and government, leadership skills, and wellness, fitness, and first aid. The curriculum includes two areas of study: (1) the Cadet Field Manual with an introduction to military drill, uniforms, military customs, and courtesies, and (2) the introduction to NJROTC with the history of JROTC, citizenship, and laws-authority-responsibility. Cadets will study leadership skills, behavioral sciences, personal and group motivation and relationships.

Major Learning Goals and Understandings:

Student Learning Expectation(s):

- Navy Junior Reserve Officers Training Corps—its background, mission, curriculum, and activities, as well as its benefits to cadets.
- Learn how to think about your career and your life goals.
- Become a better leader by learning how to be a good follower. Understand the principles of leadership and how you can become a successful leader
- Understand what it means to be a citizen of the United States, a representative democracy

Units/Theme/Concept and # of Weeks

Quarter = 9 weeks, Semester=18 weeks, Trimester= 12 weeks, Year=36 weeks --- usually spread over 40 weeks

Unit 1- NJROTC and Your Future	Unit 2 - Leadership Skills
Unit 3 - Citizenship and American Government	Unit 4 - The US Navy
Unit 5 – Wellness, First Aid, Geography and Survival Skills	Unit 6 – General Military Training (GMT)

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Date Approved:

Unit 1 - NJROTC and Your Future

Grade: 9	Subject: NNDCC/NJROTC	Course: Naval Science One (NS 1)	Length of Unit: 6 weeks
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NNDCC/NJROTC Standards

- Introduction to the Navy Junior Reserve Officer Training Corps (NS-1 Textbook)
- Cadet Field Manual (11th Edition revised) NAVEDTRA 37116-K
- Cadet Reference Manual
- The Bluejacket's Manual

Part 2 – Unit Standards

Key Performance Expectations (Content Knowledge and Concepts/Skills)

<p>The students will know:</p> <ol style="list-style-type: none">1. This chapter will introduce you to the Navy Junior Reserve Officers2. Training Corps—its background, mission, curriculum, and activities, as well as its benefits to cadets.3. To think about your career and your life goals.	<p>The students will be able to explain or define:</p> <ol style="list-style-type: none">1. What is the mission of the NJROTC program?2. What are the goals of the NJROTC program?3. What are the Navy Core Values?4. What does the acronym LATAR stand for?5. Describe selecting and charting a good career path6. Explain careers versus jobs7. Describe career direction—getting to know yourself8. Explain career choices9. Explain the US Navy as a career option10. Explain how to develop good study habits
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Big Idea

- **Big Ideas**
 - Promote patriotism
 - Develop informed and responsible citizens
 - Develop a high degree of personal honor, self-reliance, self-discipline, and leadership
 - Develop respect for and an understanding of the need for constituted authority in a democratic society
 - Develop leadership potential, promote high school completion
 - Provide information on military services as a possible career

Part 3 – Common Unit Assessments

- NNDCC academics
- Formative and Summative assessments
- Self-assessment: Review / grade own work; reflections
- Peer assessment: Peer feedback/input
- Personal Inspection
- Drill (not drill teams)
- Projects/Homework/Research
- Physical fitness participation.

Part 4 – Common / Assured Learning Experiences

Students will participate in:

- Group activities
- Modeling
- Peer assessment
- Monitoring, guidance, support
- Student-led class presentations
- Field work
- Encourage student leadership and teaching
- Direct instruction

Unit 2 - Leadership Skills

Grade: 9	Subject: NNDCC/NJROTC	Course: NS 1	Length of Unit: 6 weeks
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Unit 2: Leadership Skills

- Introduction to the Navy Junior Reserve Officer Training Corps (NS-1 Textbook)
- Fundamentals of Naval Leadership
- Ethics For the Junior Officer
- Cadet Field Manual (11th Edition revised) NAVEDTRA 37116-K
- The Bluejacket’s Manual

Part 2 – Unit Standards

Key Performance Expectations (Content Knowledge and Concepts/Skills)

The students will know

1. Understand the principles of leadership and how you can become a successful leader

The students will be able to:

1. Discuss the two orientations to leadership behavior
2. Define the four leadership styles
3. Identify the primary factors of the leadership situation
4. List the six traits of an effective leader

- 5. Describe the personal qualities of an effective leader
- 6. Explain the leadership opportunities in NJROTC

Big Idea

- **Big Ideas**
 - What are the two primary orientations to leadership behavior?
 - What are the four styles of leadership?
 - What are the primary factors of the leadership situation?
 - What are the six leadership traits?
 - Which of CNO Anderson’s leader qualifications best describes you?

Part 3 – Common Unit Assessments

- NNDCC academics
- Formative and Summative assessments
- Self-assessment: Review / grade own work; reflections
- Peer assessment: Peer feedback/input
- Personal Inspection
- Drill (not drill teams)
- Projects/Homework/Research
- Physical fitness participation.

Part 4 – Common / Assured Learning Experiences

Students will participate in:

- Group activities
- Modeling
- Peer assessment
- Monitoring, guidance, support
- Student-led class presentations
- Field work
- Encourage student leadership and teaching
- Direct instruction

Unit 3 - Citizenship and American Government

Grade: 9	Subject: NNDCC/NJROTC	Course: NS-1	Length of Unit: 6 weeks
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NNDCC/NJROTC Standards

- Introduction to the Navy Junior Reserve Officer Training Corps (NS-1 Textbook)
- Cadet Field Manual (11th Edition revised) NAVEDTRA 37116-K
- The Bluejacket’s Manual

Part 2 – Standards

Key Performance Expectations (Content Knowledge and Concepts / Skills)

<p>The students will know:</p> <ol style="list-style-type: none"> 1. Understand what it means to be a citizen of the United States, a representative democracy 2. Understand the Declaration of Independence and the Constitution, with the Bill of Rights and the other amendments 3. Understand how the US armed forces are organized under the control of elected and appointed civilian leaders 	<p>The students will be able to:</p> <ol style="list-style-type: none"> 1. Explain authority and laws 2. Define your role as a citizen—your rights and responsibilities 3. Discuss the role of government 4. Discuss the Declaration of Independence 5. Explain the United States Constitution 6. Describe the Bill of Rights 7. Review the other constitutional amendments 8. Explain the defense structure of the United States 9. Describe the organization of the US Navy 10. Discuss the roles of the US Army and Air Force 11. To whom do the United States armed forces answer? 12. Who are the Joint Chiefs of Staff? 13. What is the mission of the US Navy? 14. Explain the difference between operating forces and the shore establishment. 15. Which two service chiefs report to the Secretary of the Navy?
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Big Idea

- **Big Ideas**
 - What are the five parts of the Declaration of Independence?
 - What was the significance of Shays’ Rebellion?
 - What are the three branches of the United States Government?
 - What are some examples of checks and balances in the Constitution?
 - Why is the Bill of Rights important to individuals?

Part 3 – Common Unit Assessments

- NNDCC academics
- Formative and Summative assessments
- Self-assessment: Review / grade own work; reflections
- Peer assessment: Peer feedback/input
- Personal Inspection
- Drill (not drill teams)
- Projects/Homework/Research
- Physical fitness participation.

Part 4 – Common / Assured Learning Experiences

Students will participate in:

- Group activities
- Modeling
- Peer assessment
- Monitoring, guidance, support
- Student-led class presentations
- Field work
- Encourage student leadership and teaching
- Direct instruction

Unit 4 - The US Navy

Grade: 9	Subject: NNDCC/NJROTC	Course: NS-1	Length of Unit: 6 weeks
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NNDCC/NJROTC Standards

- Introduction to the Navy Junior Reserve Officer Training Corps (NS-1 Textbook)
- Cadet Field Manual (11th Edition revised) NAVEDTRA 37116-K
- The Bluejacket's Manual

Part 2 – Standards

Key Performance Expectations (Content Knowledge and Concepts / Skills)

<p>The students will know:</p> <ol style="list-style-type: none"> 1. Identify the ships of the Navy and understand how they fulfill the Navy mission 2. Understand the background of US Navy aviation and learn about Navy aircraft in use today 	<p>The students will be able to:</p> <ol style="list-style-type: none"> 1. Explain the mission of Navy ships 2. Explain ship terminology 3. List types of Navy ships 4. Describe shipboard customs and courtesies 5. What are the three elements of the National Military Strategy? 6. What are the four parts of the Navy mission? 7. Explain the background of naval aviation 8. Describe naval aviation and missions
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Big Idea

- **Big Ideas**
 - What weapon is at the center of the modern carrier battle group?
 - What is the sole mission of the Fleet Ballistic Missile Submarines?
 - What is the procedure for boarding your ship while in uniform or while out of uniform?
 - What were the two achievements of Eugene Ely?
 - What were two turning points in naval aviation during World War II?
 - What were three important developments in aircraft carriers after World War II?
 - What does the combination of letters and numbers in the C-12F Huron signify?
 - What is the Navy's primary fighter aircraft?

Part 3 – Common Unit Assessments

- NNDCC academics
- Formative and Summative assessments
- Self-assessment: Review / grade own work; reflections
- Peer assessment: Peer feedback/input
- Personal Inspection
- Drill (not drill teams)
- Projects/Homework/Research
- Physical fitness participation.

Part 4 – Common / Assured Learning Experiences

Students will participate in:

- Group activities
- Modeling
- Peer assessment
- Monitoring, guidance, support
- Student-led class presentations
- Field work
- Encourage student leadership and teaching
- Direct instruction

Unit 5 - Wellness, First Aid, Geography and Survival Skills

Grade: 9	Subject: NNDCC/NJROTC	Course: NS-1	Length of Unit: 6 weeks
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NNDCC/NJROTC Standards

- Introduction to the Navy Junior Reserve Officer Training Corps (NS-1 Textbook)
- Cadet Field Manual (11th Edition revised) NAVEDTRA 37116-K
- The Bluejacket's Manual

Part 2 – Standards

Key Performance Expectations (Content Knowledge and Concepts / Skills)

<p>The students will know:</p> <ol style="list-style-type: none"> 1. Develop a personal exercise program 2. Evaluate how diet impacts life 3. Analyze the impact sanitation and hygiene have on health 4. Assess how stress impacts your life 5. Assess the effects of drug and substance abuse on life today 6. Determine first aid procedures and apply them as needed 7. Understand the principles and tools of map reading and land navigation 8. Understand the basics of survival in several different environments 	<p>The students will be able to:</p> <ol style="list-style-type: none"> 1. Classify exercises as aerobic, anaerobic, isometric, and isotonic 2. Compare the benefits of aerobic, anaerobic, isometric, and isotonic exercise 3. Identify the benefits of regular exercise 4. Determine the essential components of a good exercise program 5. Explain how calories consumed versus calories used 6. Effects body weight to health 7. Identify daily required food and portions 8. Identify sources and benefits of fiber in diet 9. Describe the importance of water 10. Explain the correlation between physical fitness and hygiene 11. Identify the physical and psychological effects of stress 12. Practice prevention of stress overload including relaxation and anger management techniques 13. Assess first aid situations 14. What are the ABCs of lifesaving steps? 15. Demonstrate life-saving skills in emergencies
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Big Idea

- **Big Ideas**

- How does aerobic exercise differ from anaerobic exercise?
- Give an example of each.
- List three physical benefits of regular exercise.
- Explain how your target heart rate affects the level of intensity of the exercise you perform to improve your cardiorespiratory endurance.
- List two ways to reduce your risk of injury when you exercise.
- Think about what you had for breakfast.
- How could you have balanced your calories better?
- Do you feel you have a slow or fast metabolism?
- How can you plan your meals with this in mind?
- Looking at the food pyramid, what food group do you need to eat more or less of?
- Define the term metabolism.
- What is the Good Samaritan Law?
- What are the ABCs of lifesaving steps?
- What are the three types of bleeding?
- What is something you should not do when treating a fracture?

- What are the signs of shock?
- What are the three types of burns?
- How do you orient a map without using a compass?
- Why is it important to vanquish fear and panic in a survival situation?
- What is improvising, and why is it important to a survivor?
- What is a survivor's two goals?
- What are some ways a survivor can signal for help?

Part 3 – Common Unit Assessments

- NNDCC academics
- Formative and Summative assessments
- Self-assessment: Review / grade own work; reflections
- Peer assessment: Peer feedback/input
- Personal Inspection
- Drill (not drill teams)
- Projects/Homework/Research
- Physical fitness participation.

Part 4 – Common / Assured Learning Experiences

Students will participate in:

- Group activities
- Modeling
- Peer assessment
- Monitoring, guidance, support
- Student-led class presentations
- Field work
- Encourage student leadership and teaching
- Direct instruction

Unit 6 - General Military Training (GMT)

Grade: 9	Subject: NNDCC/NJROTC	Course: NS-1	Length of Unit: 9 weeks
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NNDCC/NJROTC Standards

- Cadet Field Manual (11th Edition revised) NAVEDTRA 37116-K

- Naval Ceremonies, Customs and Traditions
- Cadet Reference Manual
- The Bluejacket's Manual

Part 2 – Standards

Key Performance Expectations (Content Knowledge and Concepts / Skills)

The students will know:

1. NJROTC Uniform Regulations
2. Personnel Inspection
3. NJROTC Rates/Ranks and U.S. Navy Rates/Ranks
4. Military Chain of Command
5. Military Customs, Courtesies, Etiquette and Ceremonies.
6. Orders To the Sentry
7. UCMJ
8. Code of Conduct

The students will be able to:

1. Understand how to properly wear the NNDCC/NJROTC uniform
2. Understand the rank structure within the unit and within the U.S. Navy
3. Understand the Chain of Command within the organization
4. Understand Customs, Courtesies, Etiquette and Ceremonies of the Naval Service
5. Understand the 11 General Orders of a sentry
6. Know preparatory commands for facing, marching commands as individuals, groups
7. Know how to present and march with “colors”
8. Know the grooming standards within the organization
9. Know the manual of arms with rifle or sword.

Big Idea

- **Big Ideas**
 - See Part 2 above

Part 3 – Common Unit Assessments

- NNDCC academics
- Formative and Summative assessments
- Self-assessment: Review / grade own work; reflections
- Peer assessment: Peer feedback/input
- Personal Inspection
- Drill (not drill teams)
- Projects/Homework/Research
- Physical fitness participation.

Part 4 – Common / Assured Learning Experiences

Students will participate in:

- Group activities
- Modeling
- Peer assessment
- Monitoring, guidance, support
- Student-led class presentations
- Field work
- Encourage student leadership and teaching
- Direct instruction