

**Table F: PE Lessons Recommended Sequence (*click on link*) To Find  
 Aligned National Standards for JROTC PE Substitutions:  
 PE\_Lessons\_Linked\_to\_NASPE.pdf**

PE Lessons Recommended Sequence		
Lesson Number	Lesson Title	Minutes
U4-C1-L1	Choosing the Right Exercise Program for You	180
U2-C3-L1	Development	180
U4-C1-L2	Cadet Challenge (62 units)	1400
U2-C1-L1	Leadership Defined	90
U2-C1-L2	Leadership Reshuffled	90
U2-C1-L3	Leadership from the Inside Out	90
U2-C1-L4	Principles and Leadership	90
U2-C2-L1	Steps from the Past	90
U2-C2-L2	Roles of Leaders and Followers in Drill	90
U2-C2-L3	Using Your Leadership Skills/Taking Charge	90
U2-C2-L4	Stationary Movements	90
U2-C2-L5	Steps and Marching	90
U2-C2-L6	Squad Drill	90
U2-C5-L1	Platoon Drill	90
U2-C5-L2	Taking Charge--Knowing Your Responsibilities as a Leader	90
U2-C5-L3	Company Formations and Movement	90
U2-C5-L4	Forming, Inspecting, and Dismissing the Battalion	90
U2-C6-L2	Styles of Leadership	90
U2-C6-L3	Management Skills	90
U3-C12-L1	Preparing to Teach	90
U3-C12-L2	Using and Developing Lesson Plans	90
U3-C12-L3	Delivering Instruction	90
U3-C12-L4	Use Variety in Your Lesson Plan	90
U3-C8-L1	Orientation to Service Learning* (BOTH)	90
U3-C8-L2	Plan and Train for Your Exploratory Project* (BOTH)	90
U3-C8-L3	Project Reflection and Integration* (BOTH)	90