



ИНСТИТУТ СТРАТЕГИИ
РАЗВИТИЯ ОБРАЗОВАНИЯ

федеральное государственное
бюджетное научное учреждение

WORK PROGRAMME OF THE
EXTRACURRICULAR ACTIVITY
COURSE

BASIC MILITARY TRAINING

(BASIC MILITARY SERVICE TRAINING)

(SECONDARY GENERAL EDUCATION)

MOSCOW

CONTENTS.

| | |
|--|-----------|
| Explanatory note | 4 |
| Relevance and purpose of the programme..... | 4 |
| Aims and objectives of the extracurricular activity course | |
| "Initial Military Training."..... | 5 |
| Place of the extracurricular activity course | |
| "Initial military training" in the curriculum..... | 7 |
| Approaches to working with the programme | |
| | |
| Planned results of mastering the course of extracurricular activities | |
| "Initial military training" | 10 |
| Personal Outcomes..... | 10 |
| Metacognitive results..... | 11 |
| Subject results..... | 15 |
| Content of the extracurricular activity course | |
| "Initial Military Training." | 23 |
| Base unit..... | 23 |
| Thematic block..... | 27 |
| Calculation of hours by training modules..... | 29 |
| Thematic planning of the extracurricular course | |
| "Initial military training" activity | 31 |
| Applications | |
| Appendix No. 1.....Approximate daily routine | |
| training camps..... | 47 |
| Appendix No. 2 . Gunnery training..... | 49 |
| Appendix No. 3.....Safety requirements | |
| in a firing exercise | 51 |
| Appendix No. 4.....Organisation of sports | |
| preparations..... | 53 |

EXPLANATORY NOTE

RELEVANCE AND PURPOSE OF PROGRAMME

The Russian Federation takes a leading place among states that firmly and consistently uphold its political, economic, cultural and spiritual-moral sovereignty.

This process is accompanied by increasing opposition from the United States and its allies, who, in order to maintain their global dominance, have launched a large-scale campaign aimed at destroying the Russian state, decomposing civil society and destroying the cultural and historical identity of the Russian people based on traditional spiritual and moral values.

Modern challenges and threats dictate the need to strengthen the defence capacity of our Motherland and to increase the combat effectiveness of its armed defenders. In these conditions, the system of military-patriotic education is focused on such tasks as forming in the younger generation a lofty sense of loyalty to the Fatherland, readiness to serve the society and the state in a dignified manner and preparing high school students for honest fulfilment of military duty.

There is a growing public demand for a qualitative improvement of the military-patriotic education system, filling it with specific content, training pre-conscription youth in knowledge, skills and abilities that meet the current needs and development level of the modern Russian Army and correspond to the tasks it is solving today.

There is also a need to bring the existing system of teaching citizens basic defence knowledge and training in the basics of military service in line with the requirements of the new edition of the Federal State Educational Standard for Secondary General Education.

To expand students' knowledge of national defence, composition and structure of the Armed Forces of the Russian Federation, to master the initial elements of tactical, engineering and technical training, to acquire practical skills in weapons handling, first aid on the battlefield, actions in conditions of radiation, chemical and biological-

Training camps under the "Initial Military Training" extracurricular activity programme (hereinafter referred to as the programme) will help to get physical and psychological hardening.

Training camps on the basics of military service are organised in accordance with the Federal Law of 28 March 1998.

No. 53-FZ "On Military Duty and Military Service", Government Decree of the Russian Federation of 31 December 1999 No. 1441 "On Approval of the Regulations on Preparing Citizens of the Russian Federation for Military Service", the Concept of the Federal System of Preparing Citizens of the Russian Federation for Military Service for the Period until 2030, approved by Order of the Government of the Russian Federation of 3 February 2010 No. 134-r, Order of the Ministry of Defence of the Russian Federation and the Ministry of Education and Science of the Russian Federation of 24 February 2010 No. 96/134 "On Approval of the Regulations on Preparing Citizens of the Russian Federation for Military Service".

The programme specifies the content of topics and the sequence of their study, taking into account inter- and intra-subject links, the logic of the learning process, and the age characteristics of students.

The programme provides for the study of military science in the scope of the single training of a soldier of motorized rifle troops, which allows in a short period of time to master the knowledge and skills necessary for the fastest adaptation when enlisting in the military service and when entering higher educational institutions of the Ministry of Defense of Russia, Rossguard, Ministry of Internal Affairs of Russia, Ministry of Emergency Situations of Russia, Federal Security Service of Russia.

GOALS AND OBJECTIVES OF THE EXTRACURRICULAR ACTIVITY COURSE

"INITIAL MILITARY TRAINING"

The aim is to expand and practically consolidate the knowledge, skills and abilities in military affairs acquired during the "Basics of Military Service" section of the federal working programme for secondary general education "Basics of Life Safety".

The following **objectives** are aimed at achieving this goal:

Educational:

1 . Create conditions for students to acquire new knowledge, skills, abilities, skills and competencies in the field of defence and basics of life safety .

2 . To deepen and ensure practical consolidation of theoretical knowledge obtained in the subject "Basics of Life Safety" in educational organisations, acquisition of practical skills necessary for young men to quickly adapt to military service, familiarisation with weapons and military equipment, the main types of combat operations and actions of servicemen in various conditions, practical shooting.

3 . To expand knowledge of the history, purpose and structure of the Armed Forces of the Russian Federation, to provide the participants of the training camp with the necessary knowledge of the daily life and everyday life of military personnel and practical skills in this area, to form an understanding of the role of discipline and military regulations in the life of the Armed Forces of the Russian Federation.

4 . Ensure the study of the main provisions of the Russian Federation legislation in the field of state defence: on military duty and military registration, compulsory and voluntary preparation for military service, conscription and voluntary (contractual) military service, reserve status, rights, duties and responsibilities of servicemen and citizens in reserve.

5 . To create conditions for studying the basics of military service safety, the design and rules of handling combat small arms, the basics of tactical, combat and engineering training, the basics of first aid, the issues of radiation, chemical and biological protection of troops and the basics of communications.

Educational:

1 . To promote the formation of moral, political and psychological qualities of a citizen necessary for military service.

2 . To ensure that students develop patriotism, deep respect for the state symbols of the Russian Federation, the historical and cultural past of Russia, pride for their country, the Armed Forces and their military traditions, readiness to serve in their ranks and defend their homeland.

3 . To promote professional orientation, strengthening of moral guidelines and formation of positive motivation for the profession of defender of the Motherland.

Developmental:

1 . To promote the formation of social activity in students.

2 . To promote the formation of knowledge about the rules of behaviour of servicemen, military courtesy, basics of military etiquette and performance of military rituals.

3 . To promote military-professional orientation to mastering military specialities and choosing an officer's profession.

4 . Create conditions for the formation of students' need for a healthy lifestyle and the desire to be useful to their homeland.

5 . To create conditions for self-realisation of personality by including in a variety of activities .

6 . To promote the formation and development of communication and interaction skills in joint team activities.

PLACE OF THE COURSE OF EXTRACURRICULAR ACTIVITIES "BASIC MILITARY TRAINING" IN THE CURRICULUM

The programme is aimed at 10th grade students of general education institutions, 1st and 2nd year students of secondary vocational education institutions.

The programme is designed for 35 hours, which includes such forms of work as theoretical, practical and complex classes, talks and meetings with servicemen and veterans, demonstrations, excursions to military units (ships), military tactical and military sports games.

The educational process is carried out in accordance with the curriculum, daily schedule and assumes gamification (unification of all elements of the educational process into a single game scenario). Classes are conducted in a practice-oriented format. At the end of the training, it is advisable to hold a comprehensive training session, which provides for the demonstration by students of the competences developed during the study programme.

APPROACHES TO WORKING WITH PROGRAMME

The set tasks are achieved through a comprehensive approach that combines content blocks: basic and thematic.

The basic block provides for the solution of traditional tasks of acquiring knowledge, skills and abilities necessary for personal and professional self-realisation of a high school student within the framework of mastering the curriculum.

The curriculum of the training camp programme is implemented through core classes in nine training modules: tactical training, firearms training, basics of technical training and communications, engineering training, radiation, chemical and biological protection, first aid (tactical medicine), general military regulations, formation training, and basics of military service safety.

The thematic block (a variable component of the educational programme "Patriotic Education and Professional Orientation") is implemented in the form of a set of activities of patriotic education, mass sports and cultural and leisure activities, as well as professional orientation.

In order to ensure that the trainees comply with safety requirements, a set of measures is envisaged, including instruction during the introductory session (on the day of arrival), familiarisation with safety requirements before each session. In addition, it is planned to study the issues of safe handling of weapons.

The programme can be implemented during one academic year in the form of five-day training camps on the basis of the Avangard training and methodological centres for the military-patriotic education of young people, formations and military units of the Armed Forces of the Russian Federation, other troops, military formations and bodies. In places where formations and military units are absent, training camps are organised at educational organisations.

PLANNED RESULTS OF MASTERING THE COURSE OF EXTRACURRICULAR ACTIVITIES "BASIC MILITARY TRAINING"

Classes within the course are aimed at meeting the requirements set by the Federal State Educational Standards to the results of mastering the basic educational programme (personal, meta-subject and subject), which graduates should demonstrate at the end of their studies.

PERSONAL RESULTS

Personal outcomes are achieved in the unity of learning and educational activities in accordance with traditional Russian socio-cultural and spiritual-moral values, rules and norms of behaviour accepted in Russian society.

The personal results formed during the study of the course "Initial Military Training" should contribute to the processes of self-knowledge, self-education and self-development, development of the inner position of the individual, patriotism, citizenship and manifest themselves primarily in respect for the memory of the defenders of the Fatherland and the deeds of the Heroes of the Fatherland, law and order, the man of labour and the older generation, pride in Russian achievements, a careful attitude to the cultural heritage and traditions of the multinational people of the Russian Federation, readiness to consciously fulfil military duty and armed defence of the Fatherland.

Civic Education:

- 6 Formation of a conscious attitude towards the need to protect the Fatherland, compliance with the legislation of the Russian Federation in the field of state defence, military duty and military service;
- 6 awareness of their constitutional rights, duties and responsibilities in defence of the Fatherland;
- 6 readiness to resist the ideology of extremism and terrorism, nationalism and xenophobia, discrimination on social, religious, racial and national grounds;
- 6 readiness to co-operate with society and the state in the interests of ensuring the military security of the state;
- 6 readiness to participate in the activities of state, social organisations and civil society institutions in the field of ensuring state security.

Patriotic Education:

- 6 formation of Russian civic identity, respect for one's nation, respect for the memory of the defenders of the Motherland and the military exploits of Heroes of the Fatherland, pride in one's Motherland and the Armed Forces of the Russian Federation, the past and present of the Russian Army and Navy;
- 6 value attitude to state and military symbols, historical heritage, days of military glory, military traditions of the Armed Forces of the Russian Federation, and Russia's achievements in the field of defence;
- 6 formation of a sense of responsibility to the Motherland, ideological conviction and readiness to serve and defend the Fatherland, responsibility for its fate.

Spiritual and moral education:

- 6 realisation of the spiritual values of the Russian people and the Russian military;
- 6 an understanding of the principles of humanism, rules and methods of warfare, respect for the rights of participants in armed conflicts, and an informed attitude towards compliance with the norms of international humanitarian law;
- 6 Formation of the value of safe behaviour, conscious and responsible attitude to the safety of society and the state;
- 6 responsible attitude towards their parents, elders, family, culture and traditions of the peoples of Russia, acceptance of the ideas of volunteering and volunteerism.

Aesthetic education:

- 6 aesthetic attitude to the world combined with military culture;
- 6 understanding and acceptance of the aesthetics of military uniforms, military rituals and martial traditions .

Physical Education:

- 6 Awareness of the value of life, development of a responsible attitude towards their own health and the health of others;
- 6 knowledge of first aid and tactical medical techniques and readiness to apply them when necessary;
- 6 need for physical improvement, sports and recreational activities;
- 6 interest in military applied sports;
- 6 awareness of the consequences and active rejection of harmful practices and other forms of harm to physical and mental health.

Labour Education:

- 6 readiness for work, awareness of the importance of labour activity for the development of the individual, society and the state, and for ensuring national security;
- 6 readiness to fulfil the safety requirements of military service in an informed and responsible manner;
- 6 interest in various spheres of professional activity, including military professional activity;
- 6 willingness and capacity for lifelong learning and self-education .

Environmental Education:

- 6 formation of environmental culture, understanding of the impact of socio-economic processes on the state of the natural environment, awareness of the global nature of environmental problems, their role in ensuring the security of society and the state;
- 6 to plan and implement environmental actions based on environmental literacy and environmental stewardship in the course of military service;
- 6 active rejection of actions harmful to the environment; ability to predict and prevent unfavourable environmental consequences of actions taken;
- 6 Expanding perceptions of environmental activities .

The values of scientific knowledge:

- 6 Formation of a world outlook that corresponds to the current level of development of military science and modern ideas about military activity;
- 6 understanding of the scientific and practical foundations of military service, realisation of the significance of military-professional activity in the life of society and the state;
- 6 ability to apply scientific knowledge in the process of fulfilling the duties of military service, including the ability to act reasonably and safely in a combat environment.

META-LEVEL RESULTS

The meta-subject results formed during the implementation of the extracurricular activity course "Initial Military Training" should reflect the mastery of universal learning actions.

Mastering universal cognitive actions

Basic Logical Actions:

- 6 independently identify current problematic issues of ensuring military security of the state, justify their priority and analyse them comprehensively;
- 6 establish an essential feature or basis for generalisation, comparison and classification of events and phenomena in the military sphere, identify their regularities and contradictions;
- 6 define the goals of actions in relation to a given (modelled) situation, choose ways to achieve them taking into account independently identified criteria in the paradigm of military service, assess the risks of possible consequences of their own actions;
- 6 model objects (events, phenomena) related to military service, analyse their various states to solve practical problems, transfer the acquired knowledge to everyday life;
- 6 plan and carry out learning actions under conditions of lack of information necessary for solving the task at hand;
- 6 to develop creative thinking in solving situational problems .

Basic Research Actions:

- 6 master scientific terminology, key concepts and methods in the military-professional sphere;
- 6 possess the types of activities for acquiring new knowledge, transforming it and applying it to solve various learning tasks;
- 6 analyse the content of educational questions and tasks and put forward new ideas, independently choose the best way to solve problems taking into account the established (justified) criteria;
- 6 disclose problematic issues reflecting the discrepancy between the real (given) and the most favourable state of an object (phenomenon) in everyday life;
- 6 critically evaluate the results obtained in the course of solving training tasks, justify proposals for their correction in new conditions;
- 6 characterise the acquired knowledge and skills, assess the possibility of their implementation in real-life situations;
- 6 to carry out a purposeful search for the transfer of means and ways of action to the professional environment;

- 6 to be able to transfer knowledge to the cognitive and practical areas of life;
- 6 to be able to integrate knowledge from different subject areas; to put forward new ideas, propose original approaches and solutions to learning problems related to military service, to transfer acquired knowledge and skills to everyday life.

Working with information:

- 6 possess the skills of independent search, collection, synthesis and analysis of various types of information from different types of sources while ensuring the conditions of information security;
- 6 create information blocks in different formats, taking into account the nature of the task at hand; independently choose the optimal form of their presentation;
- 6 assess the reliability, legitimacy of information, its compliance with legal and moral-ethical norms;
- 6 possess skills in risk prevention, threat prevention and defence against hazards in the digital environment;
- 6 use information and communication technology tools in the learning process in compliance with ergonomics, safety and hygiene requirements.

Mastering universal communicative actions

Communication:

- 6 observe the rules of military courtesy and subordination, understand the meaning of the social roles of "superior" and "subordinate";
- 6 recognise non-verbal means of communication, understand the meaning of social signs, recognise the preconditions of conflict situations and mitigate conflicts;
- 6 to master various methods of communication and interaction; to conduct a reasoned dialogue, to be able to mitigate conflict situations;
- 6 express your point of view in a detailed and logical manner using language tools.

Co-operative activities:

- 6 understand and utilise the advantages of team and individual work; choose topics and methods of joint activities taking into account the common interests and capabilities of each team member;
- 6 accept the goals of joint activity, organise and coordinate actions to achieve them: compose

- The programme of action, assigning roles, taking into account the opinions of the participants, discussing the results of joint work;
- 6 assess the quality of their and each team member's contribution to the overall result according to the developed criteria;
- 6 to perform positive strategic behaviour in different situations, to be creative and imaginative, to be proactive.

Mastering universal regulatory actions

Self-organisation:

- 6 independently carry out cognitive activities, identify problems, set and formulate their own tasks in educational activities and life situations;
- 6 independently draw up a plan for solving a problem, taking into account available resources, own capabilities and preferences, evaluate new situations;
- 6 evaluate the experience gained;
- 6 to contribute to the formation and manifestation of a broad erudition in various fields of knowledge, to constantly improve their educational and cultural level.

Self-monitoring:

- 6 evaluate new situations, make adjustments to the activity, assess whether the results are in line with the objectives;
- 6 possess the skills of cognitive reflexion as an awareness of actions and thought processes, their results and grounds;
- 6 use reflexion techniques to assess the situation and choose the right solution;
- 6 be able to assess risks and make timely decisions to mitigate them .

Emotional intelligence, assuming a moulded:

- 6 self-awareness, including the ability to understand one's own emotional state, to see directions for the development of one's own emotional sphere, and to be self-confident;
- 6 self-regulation, including self-control, the ability to take responsibility for one's behaviour, the ability to adapt to emotional changes and to be flexible and open to new things;
- 6 intrinsic motivation, including the desire to achieve goals and success, optimism, initiative, and the ability to act according to one's capabilities;

6 empathy, including the ability to understand the emotional state of others, to take it into account when communicating, the ability to sympathise and empathise;

6 social skills, including the ability to build relationships with others, care, interest and conflict resolution.

Acceptance of self and others:

6 to accept oneself, understanding one's shortcomings and merits; to accept the motives and arguments of others when analysing performance;

6 recognise their own right and the right of others to make mistakes; develop the ability to understand the world from another person's point of view.

SUBJECT RESULTS

The subject outcomes of the Programme are presented taking into account the specific content of the issues addressed during the training camp.

During the training camp, students acquire a range of new knowledge, skills and abilities that complement the content of the school programme, which should motivate them to obtain a military speciality, facilitate rapid adaptation to service in the Armed Forces and help them to choose their future professional activity.

Learners should know:

6 heroic history of the Russian state, State symbols of the Russian Federation;

6 history of the Armed Forces of the Russian Federation, their main traditions;

6 structure and tasks performed by the Armed Forces of the Russian Federation;

6 the purpose and design of the main types of small arms in service with the Army;

6 the procedure and rules for firing small arms;

6 basics of first aid on the battlefield;

6 combat and technical characteristics of the main samples of military equipment;

6 basics of tactical, engineering, reconnaissance, technical and communications training;

6 techniques and rules for performing the actions of a soldier in combat;

6 basic provisions of general military regulations, rights and duties of servicemen;

6 norms and rules of daily life and living of military personnel.

Trainees should have an understanding of:

- 6 about the capabilities of the human body;
- 6 on combat and technical characteristics of military equipment;
- 6 on the basics of general military c o m b a t ;
- 6 on the organisation and tactics of motorised rifle units;
- 6 on the procedure for engineering the position of the branch;
- 6 on the peculiarities of the use of UAVs on the battlefield .

Learners should be able to:

- 6 to fire small arms fire;
- 6 perform formation techniques;
- 6 correctly orientate themselves on the terrain;
- 6 to act on the battlefield;
- 6 equip a trench for firing while lying down;
- 6 administer first aid;
- 6 use radio communication means, conduct radio exchange;
- 6 Demonstrate physical fitness and military proficiency.

The attainment of these subject outcomes is ensured by their detailed elaboration for each module of the course.

Module No. 1 "Tactical Training":

- 6 categorise the main types of unit tactical actions;
- 6 have an understanding of the organisational structure of the unit and the tasks of the personnel in combat;
- 6 characterise the distinctive features of units of foreign armies;
- 6 to develop an algorithm of actions in combat;
- 6 Know and explain the squad's fighting order in defence and advance;
- 6 to know how to act as a soldier in defence, offensive, surveillance, and to act on warning and control signals;
- 6 to act and make an informed decision in the event of a surprise attack by the enemy, to solve situational problems;
- 6 perform tactical movements in groups, take up positions, overcome obstacles;
- 6 update information on military topography and terrain orientation;
- 6 to know and practically apply the methods of orienteering in the terrain, to know survival techniques;

- 6 categorise the instruments of observation;
- 6 know how to act as a scout when observing the enemy;
- 6 to act reasonably in obtaining arms and military equipment;
- 6 solve situational problems;
- 6 perform practical actions when marching, sudden enemy attack, overcoming contaminated terrain.

Module No. 2 "Firearms Training":

- 6 Have an understanding of squad weapons and the tactical and technical characteristics of small arms;
- 6 classify types of small arms and hand grenades;
- 6 have an understanding of the prospects for small arms development;
- 6 know the purpose and design of parts and mechanisms of the rifle, ammunition and accessories, general design of hand grenades;
- 6 handle weapons confidently and safely;
- 6 perform practical actions on incomplete disassembly and assembly of the Kalashnikov assault rifle;
- 6 know the procedure for preparing hand grenades for combat;
- 6 know and observe safety precautions when conducting combat training and handling weapons;
- 6 independently assess the risks of violating safety rules and measures;
- 6 to know how to aim and fire a shot;
- 6 perform practical actions for shooting from various shooting positions;
- 6 know the conditions of initial firing and hand grenade throwing exercises;
- 6 fulfil the standards for loading an ammunition magazine and setting up for firing from the prone position;
- 6 perform initial firing and throwing exercises of simulated hand grenades.

Module No. 3 "Fundamentals of Technical Training and Communication":

- 6 have an understanding of the main models of armaments and military equipment, classify types of combat vehicles;
- 6 know the basic tactical and technical characteristics of combat vehicles;

- 6 have an understanding of unmanned aerial vehicle (UAV) operations and UAV reconnaissance;
- 6 know the algorithm for countering enemy UAVs;
- 6 perform practical UAV control operations;
- 6 have an understanding of the types, purpose, tactical and technical characteristics of communications equipment;
- 6 categorise the department's means of communication;
- 6 have an understanding of the design of radios and how to prepare them for use;
- 6 know the procedure for switching to spare and standby frequencies of radio stations;
- 6 know the basic requirements for radio conversations;
- 6 have an understanding of how to deceive the enemy when conducting radio conversations;
- 6 perform practical actions to prepare the radio station for use and conduct radio conversations.

Module #4 Engineering Training:

- 6 have an understanding of the procedure and timing for engineering the squad position and rifleman's trench;
- 6 know the purpose and application of the tool;
- 6 have an idea of how to camouflage a trench for firing while lying down;
- 6 perform practical actions to equip a trench for firing while lying down;
- 6 categorise the types of mines;
- 6 know the general structure and operation of anti-tank and anti-personnel mines;
- 6 have an understanding of the types of mines and how to plant them;
- 6 perform practical actions for preparing and laying anti-tank and anti-personnel mines;
- 6 to know the de-masking features of mine laying;
- 6 have an understanding of how to detect and neutralise explosive hazards;
- 6 perform practical mine detection using a mine detector, feeler g a u g e , cat .

Module No. 5 "Radiation, Chemical and Biological Defence":

- 6 have an understanding of weapons of mass destruction;
- 6 categorise the types of nuclear explosions;

- 6 to know the effects of nuclear explosions, incendiary weapons, signs of poisonous substances and biological weapons;
- 6 to act confidently in the event of enemy use of weapons of mass destruction;
- 6 know the purpose and general design of personal protective equipment;
- 6 be skilled in the use of personal and collective defence equipment against weapons of mass destruction;
- 6 to know the procedure of first aid in case of nuclear, chemical and bacteriological (biological) weapons;
- 6 know the rules of behaviour in a contaminated area;
- 6 fulfil the norms for radiation, chemical and bio- logical protection;
- 6 to be able to use the troops' radiation and chemical control equipment;
- 6 to know the procedure for preparing dose meters and chemical warfare equipment for operation;
- 6 perform practical activities to measure the background radiation level.

Module No. 6 "First Aid (Tactical Medicine)":

- 6 have an idea of the algorithm of first aid; 6 know the composition and purpose of first aid equipment; 6 classify types of wounds;
- 6 know the procedure and conditions for stopping various types of blood flow, immobilisation of extremities, actions in case of absence of vital signs, respiratory failure, general hypothermia and frostbite, overheating and burns;
- 6 perform practical first aid (cardiopulmonary resuscitation, restoration of airway patency, stopping bleeding, bandaging, immobilisation, psychological support);
- 6 have an understanding of evacuation zones (red, yellow, green);
- 6 to know the scope of first aid in evacuation areas;
- 6 have an understanding of the use of standard and improvised means of evacuation;
- 6 perform practical actions on evacuation of wounded from the battlefield.

Module No. 7 "General Military Regulations":

- 6 to know the rights and duties of military personnel;
- 6 have an understanding of the principles of unity of command;
- 6 confidently identify the insignia and ranks of military personnel;
- 6 assess the risks of breach of military discipline, independently develop a model of behaviour in a military team;
- 6 to know the meaning of the concept of "internal order", the role of persons on daily duty in its maintenance;
- 6 have an understanding of the duties of the company's daily duty officers;
- 6 possess the skills necessary to master the duties of a company watchman;
- 6 categorise the types of sentries and their purpose;
- 6 to know the meaning of the concept of "sentry integrity";
- 6 understand the duties of a sentry and the specifics of the use of weapons;
- 6 assess the risks of violating the guard duty order, be ready for guard duty.

Module No. 8 "Formation training":

- 6 have an understanding of the main provisions of the regulations;
- 6 know and practise formation techniques on the spot;
- 6 understand the algorithm of formation techniques in movement;
- 6 know and practise formation moves without weapons;
- 6 understand the algorithm of formation techniques with weapons;
- 6 know and practise formation techniques with weapons on the spot;
- 6 know and practise basic formation techniques as part of a unit on the move.

Module No. 9 "Fundamentals of Military Service Security":

- 6 classify the hazards of military service, types of violations of safety rules and measures;
- 6 know and observe safety precautions when conducting combat training and handling weapons;
- 6 assess the risks of violating safety rules and measures, and have the skills to minimise risks.

Thematic Block (variant component "Patriotic Education and Vocational Guidance")

Module "The Structure of Public Authorities.

Rights and duties of citizens, including military duty. Citizen's interaction with the state and society, civic initiatives and volunteering"

Attendees of the training camp will receive an introduction:

- 6 on the structure of state authorities of the Russian Federation;
- 6 on constitutional guarantees of the rights and freedoms of citizens, on the duties of citizens to the State and society, and on military duty;
- 6 on citizenship, patriotism and their interrelation;
- 6 on the law-forming principles: equality, freedom, justice, on the sphere of legal relations between people, as well as between the individual and the state, regulated by the existing law;
- 6 on civil society institutions, political parties and public associations;
- 6 on the role and importance of volunteering in the development of society and the state.

Vocational guidance module "Professions of the Future - Modern Science and High Technologies in the Military Sphere, Military and Civilian Specialities"

Attendees of the training camp will receive an introduction:

- 6 on development trends and changes in the labour market;
- 6 on military specialities;
- 6 on the organisation of officer training for the Armed Forces of the Russian Federation, the Russian Ministry of Internal Affairs, the Federal Security Service, the Russian Ministry of Emergency Situations, the Russian Federal Guard and others;
- 6 on new and promising military occupations .

Module "Hybrid wars and non-military conflicts in the modern world, countering negative trends in international relations"

Attendees of the training camp will receive an introduction:

- 6 about constructive and destructive values;
- 6 on how a personal value system is formed;
- 6 about different types of influences on public consciousness;

- 6 on the role of the media in the modern world and its impact on society;
- 6 on the role of propaganda in information-psychological prevention in the international arena;
- 6 on non-military measures of influence in the system of international relations;
- 6 on the technologies of hybrid warfare;
- 6 on the signs of distortion of information for the purpose of negative impact on society;
- 6 on methods and means of influencing society to de-stabilise .

Module "Pages of the history of the Fatherland. The feat of the people in the Great Patriotic War of 1941-1945".

Attendees of the training camp will receive an introduction:

- 6 about the events that became the basis for state holidays and memorable dates of Russia;
- 6 on the causes of the outbreak of the Great Patriotic War and the USSR's efforts to prevent it;
- 6 about the main battles and operations of the Great Patriotic War (the Battle of Moscow, the Battle of Stalingrad, the Kursk Bulge, the Battle of the Caucasus, the liberation of Ukraine, Operation Bagration, the liberation of Europe, the Berlin Operation);
- 6 on the contribution of the people to victory on the labour front;
- 6 about the heroes of the Great Patriotic War;
- 6 on the significance of the Great Patriotic War in the lives of each family of the levy participants .

Through the study of the sports programme, campers will gain an insight into:

- 6 on the technique of basic exercises of general physical training (GP);
- 6 on safety in physical training .

COURSE CONTENT OF EXTRACURRICULAR ACTIVITIES

"INITIAL MILITARY TRAINING"

BASIC BLOCK

Module No. 1 "Tactical Training"

Fundamentals of general military combat . Basic types of combat: defence, offensive . The concept of tactical actions .

Organisational Structure and Combat Capabilities of the Motorised Rifle Squad of the Ground Forces of the Russian Federation . Tasks of the squad in various types of combat .

Familiarisation with the organisational and staff structure of sub-divisions of foreign armies (NATO, PRC) .

Composition, purpose, characteristics, and placement of modern personal armour and equipment.

Squad actions in defence . Ways of transition to defence . Position of the squad in defence . Designation of landmarks . Squad Fire System and Rifleman Firing Sectors . Signals of warning, control and co-operation . Action of the observer .

Squad actions in an offensive . Combat order of a squad in the offensive . Overcoming obstacles . Runs and crawls . Actions as part of battle groups .

Section tasks in reconnaissance and how to fulfil them. Orientation in the terrain using map, compass, local objects and modern navigation equipment.

Selection, equipment and camouflage of the observation site . Surveillance equipment . Survival in special conditions .

Warning Signals . Actions of personnel on alert . Receipt of weapons, personal protective equipment and equipment . Platoon marching order . Tasks and methods of action of the sentry squad and foot sentries .

Actions in the event of a surprise enemy attack and overcoming contaminated terrain .

Module No. 2 "Firearms Training"

Armament of Motorised Rifle Squad . Purpose and technical characteristics of the main types of small arms and hand grenades . Prospects for development of modern small arms .

Purpose and design of parts and mechanisms of the machine, devices and accessories . Principle and operation of the automatic rifle . Possible delays in firing and their elimination . Procedure of Kalashnikov assault rifle incomplete disassembly and reassembly after incomplete disassembly . Design of RGD-5, F-1, RGN, RGO grenades .

Requirements of the Course of fire on the organisation, order and safety measures during shooting and training, study of the conditions of the exercise . Classification of targets on the battlefield and their brief characterisation. The simplest firing task, its essence and solution algorithm .

Methods of firing a rifle . Gun pointing, essence, types and methods of firing . Selection of the moment of shot . Setting up for firing from various positions . Conditions for initial firing . Training on training equipment . Practising standards, improving knowledge of weapon design . Actions with firearms .

Execution of Initial Fire Exercises 1 UNS and grenade launches .

Module No. 3 "Fundamentals of Technical Training and Communication"

Familiarisation with the main armaments and military equipment of the Ground Forces. Types, purpose, general design and tactical and technical characteristics of the main samples of Army combat vehicles (BMP-3; BTR-82A, T-80, T-90 tank).

Combat robotics - weapons of the future in the present . Types, Purpose, Tactical and Technical Characteristics and General Design of UAVs . Reconnaissance of terrain using UAVs . Methods of countering UAVs against the enemy .

Purpose, general design and tactical and technical characteristics of portable radios . Preparation of radio station for work, tuning of frequencies (bands) .

Procedure of radio exchange . Peculiarities of call sign assignment . Switching to alternate and reserve frequencies . Measures to deceive the enemy when conducting radio conversations through open communication channels .

Module No. 4 "Engineering Training"

Shank tools, their purpose, use and maintenance . Sharpening and dressing of tools . Procedure for equipping a squad position . Purpose, dimensions and sequence of digging a trench for a gunner .

Mine-explosive anti-tank, anti-personnel and mixed engineering barriers .

Main types of anti-tank and anti-personnel mines of domestic and foreign production . Means of reconnaissance and demining . Peculiarities of reconnaissance of roads, bridges, buildings . Methods of Detection and Disposal of Explosive Objects .

Module No. 5 "Radiation, Chemical and Biological Defence"

The concept of weapons of mass destruction. History of its development, examples of its use . Its Role in Modern Combat . Damaging factors of nuclear explosions, means and methods of defence against them .

Poisonous substances, their purpose and classification . External signs of use of bacteriological (biological) weapons .

Impact properties of incendiary weapons and means of their use . Designation, construction and sizing of personal protective equipment . Their use in "marching", "at the ready" and "combat" positions and commands .

Signals of warning of the use of weapons of mass destruction by the enemy and the procedure for acting on them .

Designation and construction of the personal chemical control bag and rules for its use . Rules of Behaviour in Contaminated Area . Purpose, design and operation of the ID-1 Troop Dose Meter and the Troop Chemical Reconnaissance Device (T C D D) .

Module No. 6 "First Aid (Tactical Medicine)"

Composition and purpose of regular and improvised first aid equipment .

Basic types of battlefield injuries . First Aid Techniques . Stopping Bleeding . Bandaging . Immobilisation of extremities .

Methods of search, approach and evacuation of wounded from the battlefield . Staff and improvised means of casualty evacuation . Rehabilitation measures .

Module No. 7 "General military regulations"

General duties, rights and responsibilities of servicemen . Content of military discipline . Rules of mutual relations between servicemen and responsibility for their violation .

The essence of unity of command and the order of the commander (superior) .

Military ranks . Duties of a soldier (sailor) .

Organisation of accommodation and welfare of servicemen . Time allocation and internal order . Composition and purpose of the daily duty . Duties of the company duty officer and day watchman . Responsibility for violation of the internal service order .

Types of sentries . Purpose and composition of the guard . Preparation of a sentry . Inviolability of the sentry . Sentry's duties, order of use of weapons .

Module No. 8 "Formation training"

Formations and their management . Duties of servicemen before formation and in formation . Unfolded and marching formation of a squad (platoon) . Formation techniques on the spot .

Formation techniques in movement without weapons . Out of formation, approach to the superior and return to formation .

Standing formation with weapon . Military salute with weapon . Formation techniques with weapon on the spot (auto-mat).

Movement in marching formation . Platoon reorganisation . Change of direction of movement . Execution of the military salute on the move . Responding to a salute as part of a unit .

Module No. 9 "Fundamentals of Military Service Security"

Hazardous factors of military service in the course of daily activities and combat training . Measures to Ensure the Safety of Military Service .

Thematic Block (variant component "Patriotic Education and Vocational Guidance")

Module "Structure of the State Authorities of the Russian Federation. Rights and duties of a citizen, military duty. Interaction of a citizen with the state and society, civic initiatives and volunteering"

Rights, Freedoms and Obligations of Citizens under the Constitution of the Russian Federation.

System of State Authorities at the Federal and Regional Levels .

Legal sphere of society . Law-forming principles .

Manifestations of citizenship in everyday life .

Patriotism and pseudo-patriotism, the relationship between patriotism and citizenship .

Civil society and its institutions, system of political and public associations.

The module "Professions of the Future - Modern Science and High Technology in the Military Sphere, the Military and civilian specialities."

Specifics of the labour market .

Military specialities .

Higher educational institutions of the Ministry of Defence of the Russian Federation and other federal executive bodies, where military service is envisaged.

High technology, its use in the military .

Module "Hybrid wars and non-military conflicts in the modern world, countering negative trends in international relations"

Constructive and destructive values .

System of social and personal values, prioritisation.

Influence of mass media on society . Ways and tools of shaping public opinion

Information and psychological warfare .

From cold war to hybrid warfare . Hybrid warfare strategy .

The concept of "soft power" .

False and misleading information: basic characteristics . Non-military "power factors" in international conflicts .

Module "Pages of the history of the Fatherland. The feat of the people in the Great Patriotic War of 1941-1945".

Events that became the basis for public holidays and memorable dates of Russia .

Causes of the outbreak of the Great Patriotic War and the USSR's efforts to prevent it .

The main battles and operations of the Great Patriotic War (Battle of Moscow, Battle of Stalingrad, Battle of Kursk, Battle of the Caucasus, liberation of Ukraine, Operation Bagration, liberation of Europe, Berlin Operation) .

People's contribution to victory on the labour front . Heroes of the Great Patriotic War .

The significance of the Great Patriotic War in the life of each family of the participants of the training camp.

CALCULATION OF HOURS BY TRAINING MODULES

Base unit

| No. n/a | Training module | Number of hours | | | | | Total number of hours |
|--------------|---|-----------------|----------|----------|----------|----------|-----------------------------|
| | | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | |
| 1 | Tactical training | 1 | 2 | 2 | | 2 | 7 |
| 2 | Firearms training | | 1 | 1 | 4 | 1 | 7 |
| 3 | Fundamentals of technical training and communications | 1 | 1 | | 1 | 1 | 4 |
| 4 | Engineering training | | | 1 | 1 | 1 | 3 |
| 5 | Radiation, chemical and biological defence | 1 | 1 | | | 1 | 3 |
| 6 | First Aid (Tactical Medicine) | 1 | | | 1 | 1 | 3 |
| 7 | General military regulations | 1 | 1 | 1 | | | 3 |
| 8 | drill | 1 | 1 | 2 | | | 4 |
| 9 | Fundamentals of military service security | 1 | | | | | 1 |
| TOTAL | | 7 | 7 | 7 | 7 | 7 | 35 |

**Thematic block (variable component
"Patriotic education and professional orientation")**

| No. n/a | Module | Number of hours | | | | Total number of hours |
|--------------|---|-----------------|----------|----------|----------|-----------------------------|
| | | Day 1 | Day 2 | Day 3 | Day 4 | |
| 1 | Structure of State Authorities of the Russian Federation . Rights and duties of a citizen, military duty | 1 | | | | 1 |
| 2 | Professions of the future - modern science and high technology in the military sphere, military and civilian specialities | | 1 | | | 1 |
| 3 | Hybrid wars and non-military conflicts in the modern world | | | 1 | | 1 |
| 4 | Soldier pages of the history of the Fatherland . The feat of the people in the Great Patriotic War of 1941-1945 | | | | 1 | 1 |
| 5 | Tournaments in game sports. Fulfilment of GTO WFSC GTO standards | 1 | 1 | 1 | 1 | 4 |
| TOTAL | | 2 | 2 | 2 | 2 | 8 |

THEMATIC PLANNING OF EXTRACURRICULAR ACTIVITIES

"INITIAL MILITARY TRAINING" (TRAINING CAMPS ON THE BASICS OF MILITARY SERVICE)

| Topics | Main content | Main activities of students |
|---|--|---|
| BASIC BUILDING | | |
| Module No. 1 "Tactical Training" (7 hours) | | |
| <p><i>Theoretical lesson (1 h). The main types of tactical actions.</i> Organisational The structure of the motorised rifle squad (platoon) is as follows</p> | <p>Fundamentals of Combat . Defence . Offensive . Tactical actions . Organisational Structure and Combat Capabilities of the Branch . Tasks of the squad in different types of combat . Familiarisation with the organisational and staff structure of units of foreign armies (NATO, PRC)</p> | <p>Classify the main types of tactical actions of sub-units. Form an idea on the organisational structure of the squad and the tasks of the personnel in combat . Characterise the distinctive features of units of foreign armies. Develop an algorithm of actions in battle</p> |
| <p><i>Practical training (2 hours).</i> Fundamentals of motorized rifle squad actions in defence and the onset</p> | <p>Composition, purpose, characteristics and placement of modern personal armour and equipment. Squad actions in defence . Ways of transition to defence . Position of the squad in defence .</p> | <p>Explain the division's combat order in defence and offensive. Disclose how a soldier acts in defence and offence . Disclose methods of action of an observer . Act on warning and control signals .</p> |

| Topics | Main content | Main activities of students |
|--|--|--|
| | <p>Designation of landmarks . Squad fire system and firing sectors for riflemen . Signals of notification, control and co-operation .</p> <p>The actions of the observer .</p> <p>Squad actions in an offensive . Squad combat order in an offensive .</p> <p>Overcoming obstacles . Runs and crawls .</p> <p>Combat team operations</p> | <p>Develop an algorithm of actions in the event of a surprise attack by the enemy.</p> <p>Solve situational tasks. Perform tactical movements as part of groups, take positions, overcome obstacles</p> |
| <p><i>Practical training (2 hours).</i></p> <p>Action of a motorised rifle squad in reconnaissance</p> | <p>Section tasks in reconnaissance and how to fulfil them. Orientation using map, compass, local objects and modern navigation equipment.</p> <p>Selection, equipment and camouflage of the observation site . Surveillance Instruments .</p> <p>Survival in special conditions</p> | <p>Update the information on military topography and orienteering .</p> <p>Disclose how to orientate in the terrain using different methods.</p> <p>Classify observation devices.</p> <p>Disclose how a scout operates when observing the enemy.</p> <p>Perform practical orienteering activities, apply survival techniques</p> |

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|--|--|--|
| <p><i>Integrated practical training (2 h).</i> Action of a motorised rifle squad on patrol</p> | <p>Warning Signals . Actions of personnel on alert . Receipt of weapons, personal protective equipment and equipment . Platoon marching order . Tasks and modus operandi of the sentry squad . and foot patrols. Actions in the event of a surprise enemy attack and overcoming contaminated terrain</p> | <p>Update the procedure for military personnel to act on warning signals . Develop an algorithm of actions when receiving weapons and military equipment. Solve situational problems. Perform practical actions during a march, sudden enemy attack, overcoming a contaminated area of the terrain</p> |
| <p>Module No. 2 "Firearms training" (7 hours)</p> | | |
| <p><i>Classroom activity (1 h).</i> Types, purpose and tactical-technical characteristics of small arms and hand grenades of the Ground Forces</p> | <p>Armament of motorised rifle squad . Purpose and tactical and technical characteristics of the main types of small arms and hand grenades . Prospects for modern small arms development</p> | <p>Update the information on the armament of the squad and the tactical and technical characteristics of small arms . Classify types of small arms and hand grenades . Talking about the prospects for small arms development</p> |
| <p><i>Practical training (1 h).</i> General structure of the Kalashnikov assault rifle and hand grenades. Care of small arms weapons, their storage and preservation</p> | <p>Purpose and design of parts and mechanisms of the machine gun, cartridges and accessories. Principle devices and operation of the automatics . Possible delays in firing and their elimination .</p> | <p>Explain the purpose and design of parts and mechanisms of the rifle, ammunition and accessories. They tell the general construction of hand grenades . Form the skill of handling weapons .</p> |

| Topics | Main content | Main activities of students |
|---|--|---|
| | <p>Procedure for incomplete disassembly and reassembly after incomplete disassembly . Design of RGD-5, F-1, RGN, RGO grenades</p> | <p>Perform practical actions on incomplete disassembly and assembly of the Kalashnikov assault rifle, preparation of hand grenades for combat</p> |
| <p><i>Practical training (1 h).</i> Safety requirements for handling weapons and ammunition. Rules of firing small arms and throwing hand grenades</p> | <p>The requirements of the Shooting Course on organisation, procedure and safety measures during shooting and training, study of the conditions of the exercise. Classification of targets on the battlefield and their brief characterisation . The simplest firing task, its essence and algorithm of solution . Methods of firing from an automatic rifle . Gun aiming, e s s e n c e , types and methods of firing . Selection of the moment of shot . Setting up for shooting from various shooting positions</p> | <p>Assess the risks of breaches of safety rules and measures . Provide examples of violations of safety rules and measures and their possible consequences. List safety precautions for combat training and weapons handling. Develop aiming and firing skills. Perform practical shooting practice from various shooting positions</p> |
| <p><i>Practical training (4 hours).</i> Execution of initial firing exercises with small-arms firearms and drills in throwing simulated hand grenades</p> | <p>Conditions for initial firing . Exercise on training equipment . Practising standards, improving knowledge of weapon design. Actions with small arms .</p> | <p>Update information on the design of small arms and light weapons and hand grenades and safety precautions for handling them. Develop an algorithm of actions when performing initial firing and throwing grenades.</p> |

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| | Execution of initial firing exercises 1 UNS and grenade launchers | Practising the ammunition magazine loading routine and preparation for shooting from the prone position. Perform initial firing and throwing of simulated hand grenades |
| Module No. 3 "Fundamentals of Technical Training and Communication" (4 h) | | |
| <i>Class lesson (1 h)</i> . Main samples of armaments and military equipment of the Ground Forces | Types, purpose, general design and tactical-technical characteristics of the main combat vehicles (BMP-3; BTR-82A, tank) T-80, T-90) | Form an understanding of the main models of armaments and military equipment. Classify types of combat vehicles . They describe the basic tactical and technical characteristics of combat vehicles |
| <i>Practical training (1 h)</i> . Combat application of unmanned aerial vehicles (UAVs) | Types, purpose, tactical and technical characteristics and general design of UAVs . Conducting reconnaissance using UAVs. Methods of countering enemy UAVs | Form an understanding of the ways in which UAVs are used in combat. Explain how to conduct reconnaissance using UAVs. Develop an algorithm for counteraction of enemy UAVs. Perform hands-on UAV control activities |
| <i>Practical training (1 h)</i> . Radio communication equipment of a squad (platoon) | Purpose, general design and tactical-technical characteristics of portable radios . | Form an understanding of the types, purpose, tactical and technical characteristics of means of communication. |

| Topics | Main content | Main activities of students |
|--|---|---|
| | Preparing the radio station for operation, tuning frequencies (bands) | Classify the means of communication of the department . Explain the sequence of operations when preparing radios for operation. Perform practical activities to prepare the radio station for use |
| <i>Integrated practical training (1 h).</i> Rules for negotiating on communications equipment | Procedure of radio exchange . Peculiarities of call sign assignment . Switching to alternate and reserve frequencies . Measures to deceive the enemy when conducting radio conversations through open communication channels. | Update information on the design of radios and how to prepare them for use. Explain the order of transition to spare and standby radio frequencies . Disclose the basic requirements for radio conversations . List ways to deceive the enemy in radio conversations. Perform practical activities to prepare the radio station for use and conduct radio conversations |

| Module No. 4 "Engineering Training" (3 h) | | |
|---|--|--|
| <i>Practical lesson (1 h).</i> Equipment of the squad position. Sequence of digging a trench for a rifleman | Shank tools, their purpose, use and conservation . Sharpening and dressing of tools . Procedure for equipping the squad position . Purpose, dimensions and sequence of digging a trench for a rifleman | Update the information on the order and timing of engineering the squad position and the gunner's trench . They tell about the purpose and application of tools. Explain how to camouflage a trench for firing while lying down. Perform practical actions to set up a trench for shooting while lying down |
| <i>Practical training (1 h).</i> Mine-explosive engineering barriers | Mine blast anti-tank, anti-personnel and mixed engineering barriers . The main types of anti-tank and anti-personnel mines of domestic and foreign manufacture | Classify the types of mines . Explain the general structure and the principle of operation of anti-tank and anti-personnel mines. They tell you about the procedure for setting mines . Solve situational tasks. Perform practical actions for preparing and setting anti-tank and anti-personnel mines |
| <i>Practical training (1 h).</i> Engineering reconnaissance of the local area | Reconnaissance and Mine Clearance Equipment . Features of reconnaissance of roads, bridges, buildings . Methods of detection | Update information on types of mines and how they are to be laid. |

| Topics | Main content | Main activities of students |
|--|--|---|
| | The following table provides a summary of the following information | Characterise the de-masking features of mine planting . Explain the procedure for detecting and neutralising explosive objects. Perform practical mine detection activities using a mine detector, feeler gauge, cat |
| Module No. 5 "Radiation, Chemical and Biological Defence" (3 h) | | |
| <p><i>Classroom activity (1 hr).</i> Weapons of mass destruction . Nuclear, chemical and biological weapons. Incendiary mixtures</p> | <p>The concept of weapons of mass destruction. History of its development, examples of its use . Its role in modern combat . Effects of nuclear explosions, means and methods of protection against them . Poisonous substances, their purpose and classification . External signs of the use of bacteriological (biological) weapons . Defeat properties of incendiary weapons and their means of use</p> | <p>Update information on weapons of mass destruction. Classify the types of nuclear explosions . Tell about the effects of a nuclear explosion, incendiary weapons, signs of poisonous substances use and biological weapons. Develop an algorithm of actions in case of enemy use of weapons of mass destruction</p> |

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| <p><i>Practical session (1 h).</i> Personal and collective protective equipment against weapons of mass destruction . First Aid for Nuclear, Chemical and Bacteriological (Biological) Weapons Casualties.</p> | <p>Purpose, design and selection the size of personal protective equipment. Their use in the "hiking", "at the ready" positions and "combat," the commands given. Signals of warning of enemy use of weapons of mass destruction and procedures for action on them. Designation and construction of the personal anti-chemical bag and rules for its use. Rules of behaviour in a contaminated area</p> | <p>Explain the purpose and general construction of personal protective equipment . Develop skills in the use of individual and collective defence against weapons of mass destruction. Describe first aid procedures for nuclear, chemical and bacteriological (biological) weapons. Explain the rules of behaviour in a contaminated area . They fulfil the norms</p> |
| <p><i>Practical training (1 h).</i> Basics of radiation and chemical surveillance, reconnaissance and dosimetric control in the unit</p> | <p>Designation, device and procedure of operation of the ID-1 troop dose meter and the troop chemical reconnaissance device (TCDD)</p> | <p>Form the skill of using military means of radiation and chemical control. Explain how to prepare to the operation of dose meters and the military chemical reconnaissance device. Perform practical actions to measure the radiation background level</p> |
| <p>Module No. 6 "First Aid (Tactical Medicine)" (3 h)</p> | | |
| <p><i>Practical training (1 h).</i> First aid equipment for wounded people</p> | <p>Composition and purpose of standard and hand-held first aid equipment .</p> | <p>Update the information first aid procedures . Explain the composition and purpose of first aid equipment . Solve situational problems .</p> |

| Topics | Main content | Main activities of students |
|---|--|---|
| | | Carry out practical first aid activities |
| <i>Practical training (1 h).</i> Types of wounds and ways of providing first aid and self- and mutual aid in case of them | Main types of wounds on the battlefield . First aid techniques . Stopping bleeding . Bandaging . Immobilisation of limbs | Classify types of wounds . Explain the procedure and conditions of different types of bleeding, limb immobilisation . Carry out practical first aid activities |
| <i>Integrated practical training (1 h).</i> Evacuation of wounded from the battlefield | Methods of search, approach and evacuation of wounded from the battlefield . Staff and improvised means of casualty evacuation . Cardiopulmonary resuscitation | Formulate the objectives of the evacuation zones (red, yellow, green) . Explain the scope of first aid in evacuation areas. Explain the order of using regular and improvised means of evacuation. Perform practical actions to evacuate the wounded from the battlefield and cardiopulmonary resuscitation. |
| Module No. 7 "General Military Regulations" (3 hours) | | |
| <i>Classroom lesson (1 h).</i> Military personnel and mutual relations between them. | General duties, rights and responsibilities of military personnel. The content of military discipline . | Explain the rights and responsibilities of military personnel . Talk about the principles of uniformity . |

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| <p>General duties and legal responsibilities of military personnel</p> | <p>Rules on relations between servicemen and responsibility for their violation. The essence of unity of command and the order of the commander (superior) . Military ranks . Duties of a soldier (sailor)</p> | <p>Define the insignia and military ranks of military personnel. Assess the risks of breach of military discipline, develop a model of behaviour in a military team</p> |
| <p><i>Practical lesson (1 h).</i> Internal order in a subdivision. Duties of the officials of the daily duty on the company</p> | <p>Organisation of accommodation and welfare of servicemen . Time allocation and internal order . Composition and purpose of daily duty . Duties of the company duty officer and day duty officer. Responsibility for violation of the internal service order</p> | <p>Explain the meaning of "internal order", the role of the persons of daily duty in its maintenance. Disclose the duties of the company's daily duty officers. Solve situational problems. Form the skills necessary to master the duties of a company attendant.</p> |
| <p><i>Class lesson (1 h).</i> Organisation and carrying of guard duty. Duties of officials of the guard</p> | <p>Types of sentries . Purpose and composition of the guard . Preparation of the guard . Inviolability of the sentry . Duties of a sentry, procedure for the use of weapons</p> | <p>Classify the types of sentries and their purpose . Explain the meaning of "sentry integrity". They characterise the duties of a sentry and describe the use of weapons. Assess the risks of violating the order of guard duty, form readiness for guard duty. Solve situational tasks</p> |

| Topics | Main content | Main activities of students |
|--|--|--|
| Module No. 8 "Formation training" (4 hours) | | |
| <p><i>Practical training (1 h).</i> General provisions of the rules of formation . Stroi compartments . Formation stance and turns on the spot. Execution of military salute on the spot</p> | <p>Formations and their management . Duties of soldiers before and in formation . Unfolded and marching formation of a squad (platoon) . Formation techniques on the spot</p> | <p>Explain the main provisions of the Statute of Arms . List formation techniques on the spot . Perform formation techniques</p> |
| <p><i>Practical lesson (1 h).</i> Formation techniques in movement . Out of formation and return to formation . Approach to the chief and departure from him</p> | <p>Formation techniques in movement without weapons . Out of service, approach supervisor and return to service</p> | <p>Develop an algorithm for executing formation techniques in movement. List formation techniques in movement without weapons. Perform formation techniques</p> |
| <p><i>Practical session (1 h).</i> Formation techniques with weapons</p> | <p>Rally stance with weapons. Performing the military salute with weapons. Formation techniques with a weapon in place (automatic rifle)</p> | <p>Develop an algorithm for performing formation techniques with weapons. List formation techniques with weapons on the spot. Perform formation techniques</p> |
| <p><i>Practical training (1 h).</i> Unarmed marching techniques on the spot and on the move as part of a platoon</p> | <p>Movement in marching formation . Platoon reorganisation . Change of direction of movement . Execution of military salute in movement . Responding to a greeting as part of a unit</p> | <p>Characterise basic formation techniques as part of a unit on the move. Develop an algorithm of actions during platoon reorganisations. Perform formation techniques as part of a unit</p> |

| Module No. 9 "Fundamentals of Military Service Security" (1 h) | | |
|--|---|---|
| <p><i>Class session (1 h).</i> Basic measures to ensure the safety of military service</p> | <p>Hazardous factors of military service in the course of daily activities and combat training . Measures to ensure the security of military service</p> | <p>Classify the hazards of military service, types of violations of safety rules and measures . List safety precautions for conducting combat training and weapon handling. Evaluate the risks of violating safety rules and measures. Develop skills to minimise risks</p> |
| <p>THEMATIC BLOCK (variable component "Patriotic education and vocational guidance" (8 hours)</p> | | |
| <p><i>Conversation (1 h).</i> Structure of State Authorities of the Russian Federation . Rights and Duties of a Citizen, Military Duty . Interaction of a citizen with the state and society, civic initiatives and volunteering</p> | <p>Rights, Freedoms and Obligations of Citizens under the Constitution of the Russian Federation. System of state authorities of federal and regional levels . Legal sphere of life of society . Law-forming principles . Military duty . Manifestations of citizenship in everyday life . Patriotism and pseudo-patriotism, the relationship between patriotism and citizenship.</p> | <p>Classify the structure of public authorities of the Russian Federation. Form an understanding of constitutional guarantees of citizens' rights and freedoms, of citizens' obligations to the state and society, about military duty . Argumentatively explain the concepts of citizenship and patriotism and evaluate their inter-relationship. Explain the law-forming principles of equality, freedom,</p> |

| Topics | Main content | Main activities of students |
|---|--|---|
| | Civil society and its institutions, system of political and public associations | justice . Form an understanding of the sphere of legal relations between people, as well as between the individual and the state, regulated by the current law. Classify institutions of civil society, political parties and public associations. Explain the role and importance of volunteering in the development of society and the state |
| <i>Presentation (1 h).</i> Professions of the future - modern science and high technology in the military sphere, promising military specialities | Specifics of the labour market . Military specialities . Higher educational institutions of the Ministry of Defence of the Russian Federation and other federal government bodies, where military service is envisaged. High technologies, their use in military and civilian spheres | Form an understanding of development trends and changes in the labour market. Classify military occupational specialties . Form an understanding of the organisation of officer training for the Armed Forces of the Russian Federation, the Russian Ministry of Internal Affairs, the Federal Security Service, the Russian Ministry of Emergency Situations, the Russian Federal Guard and others. List new and promising military occupations |

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|---|---|---|
| <p><i>Conversation (1 h).</i> Hybrid wars and non-military conflicts in the modern world, countering negative trends in international relations</p> | <p>Constructive and destructive values . System of social and personal values, prioritisation. Influence of Mass Media on Society . Ways and tools of forming public opinion. Information and psychological warfare . False and misleading information: basic signs . From Cold War to Hybrid Warfare . Hybrid warfare strategy . The concept of "soft power" . Non-military "power factors" in international conflicts</p> | <p>List constructive and destructive values . Analyse how a personal value system is formed. Classify different types of influences on public consciousness . Develop an understanding of the role of the media in the modern world and their impact on society . Explain the role of propaganda in the information-psychological confrontation in the international arena. They talk about non-military measures of influence in the system of international relations, about technologies of hybrid warfare. Classify the signs of distortion of information for the purpose of negative impact on society. Form an understanding of the methods and means of influencing society in order to destabilise it. Develop an algorithm for counteracting negative information and psychological influence</p> |
|---|---|---|

| Topics | Main content | Main activities of students |
|---|---|---|
| <p><i>Quiz (intellectual game) (1 h).</i> Soldier pages of the history of the Fatherland . The feat of the people in the Great Patriotic War of 1941-1945</p> | <p>Events that have become the basis for Russian public holidays and commemorative dates. Causes of the outbreak of the Great Patriotic War and Soviet efforts to prevent it . The main battles and operations of the Great Patriotic War (Battle of Moscow, Battle of Stalingrad, Battle of Kursk, Battle of the Caucasus, liberation of Ukraine, operation "Bagration", liberation of Europe, Berlin operation) . The contribution of the people to victory on the labour front . Heroes of the Great Patriotic War . The significance of the Great Patriotic War in the life of each family of the participants of the training camp</p> | <p>They tell about the events that became the basis of state holidays and memorable dates in Russia. Analyse the reasons for the outbreak of the Great Patriotic War and the USSR's efforts to prevent it. They list the major battles and operations of the Great Patriotic War . Evaluate the contribution of the people to the victory on the labour front . Tell about the heroes of the Great Patriotic War . Tell about the importance of the Great Patriotic War in the life of each family of the participants of the training camp</p> |

APPENDICES.

Annex No. 1

APPROXIMATE DAILY SCHEDULE OF THE TRAINING CAMP

| No. n/a | Content of the event | Beginning | Ending | Duration |
|--------------------|--|------------------|---------------|-----------------|
| | Lift | 7 .00 | | |
| | Morning physical exercise | 7 .10 | 7 .40 | 30 min |
| | Morning toilet, making the beds | 7 .40 | 8 .10 | 30 min |
| | Morning inspection | 8 .10 | 8 .20 | 10 min |
| | Breakfast | 8 .20 | 8 .50 | 30 min |
| | Formation and calling to class, rising State Flag of the Russian Federation, playing the National Anthem of the Russian Federation | 8 .50 | 9 .00 | 10 min |
| | Training sessions | | | |
| | 1 hour | 9 .00 | 9 .45 | 45 min |
| | 2 hr. | 9 .55 | 10 .40 | 45 min |
| | 3 hr. | 10 .50 | 11 .35 | 45 min |
| | 4 hr. | 11 .45 | 12 .30 | 45 min |
| | Preparing for lunch | 12 .30 | 13 .00 | 30 min |
| | Lunch | 13 .00 | 13 .50 | 50 min |
| | Training sessions | | | |
| | 5 hr. | 14 .00 | 14 .45 | 45 min |
| | 6 hr. | 14 .55 | 15 .40 | 45 min |
| | 7 hr. | 15 .50 | 16 .35 | 45 min |
| | Afternoon snack | 16 .35 | 16 .55 | 20 min |

| No. n/a | Content of the event | Beginning | Ending | Duration |
|--------------------|--|------------------|---------------|-----------------|
| | Military-political and mass sporting activities work (cluster) | 17 .00 | 19 .00 | 2 ч |
| | Preparing for dinner | 19 .00 | 19 .10 | 10 min |
| | Dinner | 19 .10 | 19 .40 | 30 min |
| | Cultural and leisure activities | 19 .40 | 21 .40 | 2 ч |
| | Second supper | 21 .40 | 22 .00 | 20 min |
| | Summarising the day | 22 .00 | 22 .30 | 30 min |
| | Getting ready for bed | 22 .30 | 23 .00 | 30 min |
| | Stand down | 23 .00 | | |

SHOOTING INSTRUCTION

In view of the special importance of shooting in the combat and psychological training of students, it should be a mandatory element of training camps and should be conducted on a regular basis.

As a rule, firearms firing exercises with under-age children undergoing training camps on the basics of military service are organised on the basis of sports and educational organisations using civilian firearms. If they are not available, at the training facilities of military units and organisations of the Armed Forces of the Russian Federation, other troops and military formations (hereinafter referred to as military units).

When shooting exercises are organised on the basis of sports and educational organisations, the training is conducted by instructors with appropriate qualifications and experience, with the participation of pedagogical staff of educational organisations that provide citizens with basic defence knowledge and training in the basics of military service (hereinafter referred to as pedagogical staff). The organisation of shooting exercises is carried out by the relevant military commissars.

In the absence of conditions for shooting with firearms, air gun shooting is organised in specially equipped places or with the use of electronic shooting simulators.

When small arms firing exercises are organised at the facilities of the training and material base of military units, the commanders of military units shall organise shooting training for citizens and shall be conducted in accordance with the established procedure at firing ranges or shooting ranges by servicemen with the participation of pedagogical staff. Commanders of military units appoint responsible officials and provide weapons and ammunition for firing exercises.

When a military unit's headquarters develops a combat training plan for a new academic year, one of its sections includes measures for holding training camps with students in educational organisations assigned to the military unit by order of the commander of the troops

Military District . The annex to the said plan shall include as a separate line the consumption of ammunition during firing exercises with trainees .

To direct and maintain the firing, as well as to ensure safety measures during the firing, the military unit commander's order appoints a senior firing leader, a cordon chief, a doctor (paramedic) on duty with an ambulance and an artillery technician (master). In addition, the senior firing commander appoints firing leaders at the stations, observers and the chief of the combat catering station. In case of firing in one section, the duties of the section firing manager are assigned to the senior firing manager.

Before firing, the teacher shall study in detail with the trainees:

- 6 safety requirements for handling weapons and ammunition;
- 6 design and procedure for the use of small arms;
- 6 procedure for shooting exercises. Each trainee's preparation for shooting is checked.

A representative of the military unit in the presence of a teaching staff member. Students who have studied the material part of small arms and ammunition, safety requirements for firing, conditions of the exercise and passed the test are allowed to perform firing exercises.

Students who fail to pass the test are not allowed to shoot. During firearms training sessions, students shall perform initial firing exercises with small arms and throwing exercises with simulated firearms.

hand grenades.

SAFETY REQUIREMENTS FOR FIRING

Shooting from sporting weapons (small calibre or pneumatic rifle) is carried out in order to prepare for the initial exercise of shooting from a machine gun in an equipped, authorised shooting range under the guidance of a teacher.

Firing live ammunition from firearms may only take place at equipped firing ranges and shooting ranges under the supervision of experienced officers of the military unit or instructors of educational (sporting) organisations.

Safety is ensured by clear organisation, precise observance of safety measures and high discipline of all shooting participants.

It is forbidden to shoot live or small calibre ammunition or air rifle bullets at a shooting range or shooting range where safety is not ensured, or to entrust the direction of shooting to any citizen.

It is forbidden in the shooting range and on the shooting range:

- 6 fire with defective weapons and when the white flag is raised;
- 6 take or touch a weapon at the firing line or approach it without a command from the Range Officer;
- 6 load the weapon before the command of the Range Officer;
- 6 aim and point the weapon to the sides and rear, as well as to people;
- 6 remove loaded weapons from the firing line;
- 6 unauthorised persons other than the firing team are on the firing line;
- 6 leave loaded weapons anywhere or give them to others without the permission of the Range Officer;
- 6 shoot not parallel to the direction of the shooting range;
- 6 shoot different weapons at the range at the same time;
- 6 to be on the firing line for anyone before the "fire!" signal (command) and after the "stand down!" signal (command) of the Chief Range Officer.

The issuance of live ammunition to citizens is carried out by a specially appointed soldier of a military unit or an instructor of an educational (sporting) organisation. Training of each trainee to fire live ammunition

is checked by an officer of a military unit (representative of the military commissariat) or an instructor of an educational (sports) organisation in the presence of a teacher.

Small calibre ammunition is only issued by a pedagogical staff member exclusively at the firing line. If a hit display is made after each shot, only one cartridge is issued.

Weapons are loaded at the firing line and only on command "load it!" by the firing squad leader.

Weapons are cleaned in designated areas under the supervision of a soldier, instructor or pedagogical staff.

The head of the educational organisation shall issue a written order stating:

- 6 date, place, name of the class (course) and number of students to be enrolled;
- 6 type, number and number of sporting weapons to be used for shooting, number of bullets required;
- 6 name of the exercise;
- 6 the name of the teaching staff member;
- 6 necessary first aid equipment .

In order to account for spent cartridges (bullets), the teacher shall draw up a report, in which the date and place, the name of the exercise, the number of shooters and the number of spent cartridges (bullets) are indicated.

The act is signed by the teacher, class teacher and approved by the head of the educational organisation.

All accidents that occur during the firing exercises shall be immediately reported to the nearest medical centre, to the local internal affairs authorities, to the executive authorities responsible for education, and to the head of the educational organisation as an emergency.

SPORTS TRAINING ORGANISATION

Sports training of students during the training camp on the basics of military service is carried out during the morning physical exercises, daily for 30 minutes and in the course of mass sports work, organised daily for 50 minutes.

1-next day

General exercises

Preparatory part: 2-4 min. Walking, running, general developmental exercises for arm, trunk and leg muscles in motion and on the spot.

Main part: 24-26 min. Overcoming individual elements of a single obstacle course, simple hand-to-hand combat techniques, 1 km run.

Final part: 2 min . Slow jogging, walking with deep breathing and muscle relaxation exercises.

2-next day

Accelerated movement

Preparatory part: 2-4 min. Walking, running, general developmental exercises for arm, trunk and leg muscles in motion and on the spot.

Main part: 24-26 min. Special jumping and running exercises, speed running of 50-100 m; running up to 3 km.

Final part: 2 min . Slow jogging, walking with deep breathing and muscle relaxation exercises.

3-next day

Comprehensive training

Preparatory part: 2-4 min. Walking, running, general developmental exercises for arm, trunk and leg muscles in motion and on the spot.

Main part: 24-26 min. Overcoming individual elements of a single obstacle course; 1 km run; simple hand-to-hand combat techniques.

Final part: 2 min . Slow jogging, walking with deep breathing and muscle relaxation exercises.

4-next day

General exercises

Preparatory part: 2-4 min. Walking, running, general developmental exercises for arm, trunk and leg muscles in motion and on the spot.

Main part: 24-26 min. General exercises for arms, trunk, legs, exercises for two people, special exercises, simple hand-to-hand combat techniques, 1 km run.

Final part: 2 min . Slow jogging, walking with deep breathing and muscle relaxation exercises.

Options for organising mass sports activities Day 1

Sports competitions among students and teams in sports (sports disciplines) in order to identify the best participant of the competition (running for 60 m, 100 m, 1 km, cross-country skiing), pulling up on the crossbar, bending and extending arms in a lying position, pushing two weights of 16 kg, kettlebell snatch, bending and extending arms on the uneven bars, throwing a pomegranate at a distance, overcoming obstacles.

2-next day

Sports competitions among students and teams in sports (sports disciplines) in order to identify the best participant of the competition (running for 60 m, 100 m, 1 km, 3 km), pulling up on the crossbar, bending and extending the arms in a lying position, pushing two weights of 16 kg, kettlebell snatch, bending and extending the arms in the bar, throwing a grenade at a distance, overcoming obstacles.

3-next day

Sports competitions among teams of students in sports in order to identify the best division in volleyball, basketball, mini-football, table tennis, darts, overcoming obstacles as a team.

4-next day

Sports holiday with complex and athletics relay races, races .