- NS1.1 Cadets will learn about military drill and ceremonies, uniform regulations, physical fitness, the principles of health, first aid, survival, leadership, and communications.
- NS1.2 Students will demonstrate their understanding of NJROTC Rates/Ranks and U.S. Navy Rates/Ranks as well as various military customs, courtesies, etiquette, and ceremonies through classroom discussions, written reports, oral presentations, and written evaluations. Cadets will also gain knowledge of Personnel Inspection through practical application as defined through the "CADET FIELD MANUAL".
- NS1.3 Cadets will demonstrate their understanding of Military Drill and Military Drill without arms through classroom discussions, oral presentations, and practical demonstration.
- NS1.4 Cadets will display the knowledge and ability to drill with rifles, swords and knowledge of the Guidon Manual through classroom discussions, oral presentations, and practical demonstration.
- NS1.5 Cadets will demonstrate their understanding of how to properly handle and identify national and organization flags through classroom discussions, oral presentations, and practical demonstration.
- NS1.6 Cadets will gain knowledge and realize the importance of Health Education, Physical Fitness and Exercise, and Qualifying Minimums through classroom discussions, oral presentations, and practical demonstration.
- NS1.7 Cadets will gain basic knowledge of correct first aid procedures through classroom discussions, oral presentations, written evaluations, and practical demonstration.
- NS1.8 Cadets will gain knowledge about Orienteering by classroom discussions, oral presentations, and practical demonstrations.
- NS1.9 Cadets will gain knowledge and understaniding the importance of chain of command and orders to the sentry in the NJROTC program through classroom discussions, oral presentations, and written evaluations.
- NS1.10 Cadets will gain a fundamental knowledge of the history and background of the NJROTC Program, the mission, goals and policies of the NJROTC Program, and the basics of the Naval Science curriculum through classroom discussions, oral presentations, and written evaluations.
- NS1.11 Cadets will complete unit activities to demonstrate the benefits of the NJROTC Program through classroom discussions, oral presentations, written evaluations and practical demonstration.
- NS1.12 Cadets will know how to develop Career Skills: planning professional development dimensions of communication; seeking promotions; comprehending personal and organizational values; dimensions of collaboration; and how to seek and receive feedback through classroom discussions, oral presentations, written evaluations and practical demonstration.
- NS1.13 Cadets will learn about the importance of leadership, followership, and opportunities within the NJROTC program that supports both these roles through classroom discussions, oral presentations, written evaluations and practical demonstration

- NS1.14 Cadets will gain fundamental knowledge of citizenship, the role of our government and the rights and responsibilities citizens of the U.S. possess through classroom discussions, oral presentations, and written evaluations.
- NS1.15 Cadets will gain knowledge about the Declaration of Independence and the Constitution of the United States through classroom discussions, oral presentations, and written evaluations.
- NS1.16 Cadets will gain an understanding of our Nation's Defense and the organization of the Navy through classroom discussions, oral presentations, and written evaluations.
- NS1.17 Cadets will gain an understanding of the mission of Navy ships and ship terminology through classroom discussions, oral presentations, and written evaluations.
- NS1.18 Cadets will gain knowledge of Naval Aviation and the role aircraft play in our Nation's defense through classroom discussions, oral presentations, and written evaluations.