

Exercise 1 **AIRCRAFT FAMILIARISATION**

Aim

To familiarise the student with the component parts, controls and systems of the aircraft.

Exercise 2 **PREPARATIONS FOR FLIGHT AND ACTION AFTER FLIGHT**

Aim

To teach the student how to prepare him/herself and the aircraft for flight and how to leave the aircraft after flight

Exercise 3 **AIR EXPERIENCE FLIGHT**

Aim

To introduce and accustom the student to the aircraft, the sensation of flying and the aspect of the ground as seen from the air.

Exercise 4 **EFFECTS OF CONTROL**

Aim

To give the student an understanding of how each control affects the aircraft in flight

Exercise 5 **TAXYING**

Aim

To teach the student to control the aircraft safely whilst manoeuvring on the ground in different wind conditions on different surfaces

Exercise 6 **STRAIGHT AND LEVEL FLIGHT**

Aim

To teach the student to attain and maintain a constant height and heading at a selected airspeed with the aircraft in balance

Exercise7 **CLIMBING**

Aim

To teach the student to enter and maintain a steady full power climb and then return to level flight at a predetermined altitude, also, to enter and maintain a steady cruise -climb.

Exercise 8 **DESCENDING**

Aim

To teach the student to enter and maintain a steady glide descent, then, at a predetermined altitude, to return to level flight or climb, also, to enter and maintain a steady cruise descent.

Exercise 9 **A. MEDIUM LEVEL TURNS UP TO 30° BANK ANGLE
B. CLIMBING AND DESCENDING**

Aim

To teach the student to enter a medium (up to approx 30 ° bank) turn whilst maintaining level flight, then to return to straight and level flight on a new heading. Also, to enter and maintain a climb or descent whilst turning- or, to enter and maintain a turn from a straight climb or descent

Exercise 10 a **SLOW FLIGHT (Vs + 2 & 5 MPH)**

Aim

To familiarise the student with the feel of the aircraft in slow flight just above the stall speed to ensure he / she recognises the symptoms of the incipient stall and to teach restoring the aircraft to a safe flying speed before the stall occurs.

Exercise 10 b **STALLING**

Aim

To teach the student to recognise and enter a fully developed stall from various modes of flight - both straight and in the turn, then to recover with minimum height loss to safe flight mode. Also to recover to a safe mode at the incipient stall stage.

Exercise 11 **SPIN AWARENESS**

Aim

To ensure the student understands and can recognise situations which may lead to and inadvertent spin and to teach the taking of necessary instinctive actions to recover to normal flight before a spin occurs

Exercise 12 **TAKE-OFF AND CLIMB TO DOWNWIND POSITION**

Aim

To teach the student to take-off and climb the aircraft to position it on the downwind leg at circuit height, to land safely in the event of power failure after take off or at any time in the circuit and to decide against or take appropriate action if for some reason any continuation of the take-off would be unsafe

Exercise 13 **THE CIRCUIT, FINAL APPROACH AND LANDING**

Aim

To teach the student to maintain an accurate circuit and carry out a safe landing under varied considerations

Exercise 14 **ADVANCED TURNING UP TO 60 ° BANK ANGLE**

Aim

to teach the student to carry out a co-ordinated level turn at steep angles of bank not exceeding the angle permitted in the aircraft handling notes and to recognise and recover from a spiral dive. Also , the uses of a side-slipping turn and the entry and recovery from same.

Exercise 15 **UNUSUAL AND DANGEROUS ATTITUDES / CONDITIONS**

Aim

To teach the student to recognise potentially dangerous conditions of flight and to recover safely from unusual attitudes.

Exercise 16 A **FORCED LANDINGS WITH/WITHOUT POWER**

Aim

To teach the student to carry out a safe descent, approach and landing in the event of a power failure during flight and to carry out a safe unplanned precautionary landing in an unfamiliar field

Exercise 16 B **OPERATION AT MINIMUM LEVEL**

Aim

To teach the student safe operation at heights lower than normally used

Exercise 17 a **FIRST SOLO**

Aim

For the student to carry out a safe and accurate solo circuit, approach and landing

Exercise 17 b **SOLO CIRCUIT, LOCAL AREA AND GENERAL FLYING CONSOLIDATION**

Aim

For the student to practice and refine all skills learned during training and to prepare for the General Flying Test (GFT)

Exercise 17 c **DUAL REVISION FOR GFT**

Aim

For the student to correct any bad habits and to check that no aspect of training was overlooked.