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D&C 101 Curriculum

Foundations of D&C

Instructor Teaching Guide



Week 1

Unit: Foundations of Drill & Ceremony

Lesson: Introduction & Safety

Online Video(s): Week 1 Videos

Learning Objectives:

- The Student Will Be Able to articulate the basic historical importance of drill & ceremonies (D&C)
- TSWBAT articulate the personal benefits of D&C practice

Educational Standards:

- Texas: 117.306.b.1, 117.306.b.2, 116.52.c.4.A
- North Carolina: B.CP.1, B.CP.2, PE.9.HF.3.1
- Washington: DA:RE7.1.I, DA:PR6.1.III.A, PE2.4.HS1, PE2.2.HS1

Instructional Sequence:

- Introduce Unit/Lesson
 - Consider beginning a “KWL” chart in which you ask students to identify what they KNOW about drill already and what they WANT to learn more about this year!
- Play Video Lessons
 - Play video lessons for cadets
 - Consider pausing periodically and ask for volunteers to SUMMARIZE key points or REFLECT on the material
 - Cadets should engage in the Dynamic Warm-Up as the video plays
- Reflect
 - See Experience-Level Differentiation
- Assess
 - Allow students time to complete the weekly assessment in their student accounts
- Extension
 - See Enrichment Ideas

Experience-Level Differentiation:

- For NEW Cadets: Consider working through the Dynamic Warm-Up a second time before asking for volunteers to LEAD the group through the Dynamic Warm-Up process coaching them through their specific instructions and monitoring for consistency to the video lesson
- For EXPERIENCED Cadets: Consider briefing them on the importance of drill EXECUTION as they will not be LEARNING a new skill but rather, refining existing ones; emphasize they should be listening specifically for bodily mechanics that will assist in developing their SNAP and EXECUTION of each movement throughout the course
- For ADVANCED Leaders: Consider briefing them on the importance of TEACHING and INSTRUCTION and that they should be looking specifically for the instructional techniques and bodily awareness that will enable them to teach basic movements more efficiently and effectively

Enrichment Ideas:

- Consider sharing your own experiences with D&C and elaborate on a time when the skills you learned through drilling had a direct application on your success on active duty!



Week 2

Unit: Foundations of Drill & Ceremony The Position of Attention, Parade Rest, & Saluting

Online Video(s): Week 2 Videos

Learning Objectives:

- TSWBAT Articulate the Mechanics of Each Movement
- TSWBAT Demonstrate Each Movement with Precision & Intensity

Educational Standards:

- Texas: 117.306.c.1.A, 117.306.c.2.A, 117.306.c.3.A, 116.52.c.1.B
- North Carolina: P.DM.1.2, B.DM.1.1, B.R.1.2, PE.9.HF.3.1
- Washington: DA:PR5.1.I.A, DA:PR5.1.I.B, DA:CN11.1.1.A (FIRST GRADE STANDARD), DA:CR2.1.III, PE2.4.HS1, PE2.2.HS1

Instructional Sequence:

- Warm-Up
 - New Cadets: Ask cadets to identify times they've seen saluting used in popular shows or movies; take a motivated volunteer to reenact the movement of saluting
 - Experienced Cadets: Ask cadets to list components of each movement covered from memory
- Complete Dynamic Warm-Up from Week 1
- Play Video Lessons
 - Play video lessons for cadets
 - Consider pausing periodically and ask for volunteers to SUMMARIZE key points or REFLECT on the material
 - Cadets should engage as the video plays
- Practice
 - Break cadets into squads/elements to practice each movement; have them take turns providing corrective feedback for each movement; encourage cadets to note what is being done WELL in addition to what needs correction
- Assess
 - Allow students time to complete the weekly assessment in their student accounts
- Extension
 - See Enrichment Ideas

Experience-Level Differentiation:

- For NEW Cadets: Conduct a bearing test; set basic time thresholds for standing at the Position of Attention without moving or breaking bearing (30 seconds, 1 minute, 1:30, etc.); ensure cadets are not locking their knees!
- For EXPERIENCED Cadets: Break into squads/elements to compete for overall intensity, snap, & sharpness of each movement; the sharpest squad/element is the winner!
- For ADVANCED Leaders: If mixed with inexperienced cadets, help facilitate the learning process mimicking the techniques found in the videos. If isolated, take turns pretending to be a brand new cadet (remember the mistakes you made) and take turns practicing teaching using the techniques in the videos!

Enrichment Ideas:

- Brief cadets on the CUSTOMS AND COURTESIES associated with each of the movements (i.e. when is it appropriate to stand at Parade Rest)



Week 3

Unit: Foundations of Drill & Ceremony Facing Movements

Online Video(s): Week 3 Videos

Learning Objectives:

- TSWBAT Articulate the Mechanics of Each Movement
- TSWBAT Demonstrate Each Movement with Precision & Intensity

Educational Standards:

- Texas: 117.306.c.1.A, 117.306.c.2.A, 117.306.c.3.A, 116.52.c.1.B
- North Carolina: P.DM.1.2, B.DM.1.1, B.R.1.2, PE.9.HF.3.1
- Washington: DA:PR5.1.I.A, DA:PR5.1.I.B, DA:CN11.1.1.A (FIRST GRADE STANDARD), DA:CR2.1.III, PE2.4.HS1, PE2.2.HS1

Instructional Sequence:

- Warm-Up
 - New Cadets: In pairs, ask cadets to imagine and demonstrate what they think a Left, Right, & About Face might look like based on what they have seen before in movies/culture
 - Experienced Cadets: Ask cadets to list components of each movement covered from memory
- Complete Dynamic Warm-Up from Week 1
- Play Video Lessons
 - Play video lessons for cadets
 - Consider pausing periodically and ask for volunteers to SUMMARIZE key points or REFLECT on the material
 - Cadets should engage as the video plays
- Practice
 - Break cadets into s/elements to practice each movement; have them take turns providing corrective feedback for each movement; encourage cadets to note what is being done WELL in addition to what needs correction
- Assess
 - Allow students time to complete the weekly assessment in their student accounts
- Extension
 - See Enrichment Ideas

Experience-Level Differentiation:

- For NEW Cadets: Practice increasing the intensity and sharpness of the movements using a metronome; set the cadence LOW and have students practice the “move/freeze” style of movement at increasing cadences
- For EXPERIENCED Cadets: Practice the intensity and correctness of each command through repetition being sure to correct for both accuracy of movements (i.e. placement of feet, etc.) AND snap in the body
- For ADVANCED Leaders: Practice the clapping exercise until the brain and body are connected as demonstrated in the videos!

Enrichment Ideas:

- Provide cadets real-world examples of when facing movements can be utilized (i.e. during ceremonies, etc.)



Week 4

Unit: Foundations of Drill & Ceremony Quick Time Marching

Online Video(s): Week 4 Videos

Learning Objectives:

- TSWBAT Articulate the Mechanics of Each Movement
- TSWBAT Demonstrate Each Movement with Precision & Intensity

Educational Standards:

- Texas: 117.306.c.1.A, 117.306.c.2.A, 117.306.c.3.A, 116.52.c.1.B
- North Carolina: P.DM.1.2, B.DM.1.1, B.R.1.2, PE.9.HF.3.1
- Washington: DA:PR5.1.I.A, DA:PR5.1.I.B, DA:CN11.1.1.A (FIRST GRADE STANDARD), DA:CR2.1.III, PE2.4.HS1, PE2.2.HS1

Instructional Sequence:

- Warm-Up
 - New Cadets: Line up cadets in a single squad/element in LINE formation (side-by-side at normal interval); brief cadets that upon the command of "Forward, WALK," they are to walk forward, staying in step and aligned to one another for as long as possible; allow them to practice several times and ask what some of the challenges were
 - Experienced Cadets: Ask cadets to list components of each movement covered from memory
- Complete Dynamic Warm-Up from Week 1
- Play Video Lessons
 - Play video lessons for cadets
 - Consider pausing periodically and ask for volunteers to SUMMARIZE key points or REFLECT on the material
 - Cadets should engage as the video plays
- Practice
 - Break cadets into squads/elements to practice marching together in line formation; have them take turns providing corrective feedback for each movement; encourage cadets to note what is being done WELL in addition to what needs correction
- Assess
 - Allow students time to complete the weekly assessment in their student accounts
- Extension
 - See Enrichment Ideas

Experience-Level Differentiation:

- For NEW Cadets: Repeat the warm-up activity but this time, using "Forward, MARCH" as a command and have them practice the techniques learned in the videos
- For EXPERIENCED Cadets: Focus practice on INDIVIDUAL technique and slowly group together larger and larger groups to improve alignment WITHOUT focusing first on aligning to one another but rather, on using the right step style, size, etc.
- For ADVANCED Leaders: Come up with your own exercise to encourage proper use of HEEL BEAT!

Enrichment Ideas:

- Provide cadets your own experiences marching and any other service-specific information that is not directly covered in the video instruction!



Week 5

Unit: Foundations of Drill & Ceremony Pivoting Left & Right

Online Video(s): Week 5 Videos

Learning Objectives:

- TSWBAT Articulate the Mechanics of Each Movement
- TSWBAT Demonstrate Each Movement with Precision & Intensity

Educational Standards:

- Texas: 117.306.c.1.A, 117.306.c.2.A, 117.306.c.3.A, 116.52.c.1.B
- North Carolina: P.DM.1.2, B.DM.1.1, B.R.1.2, PE.9.HF.3.1
- Washington: DA:PR5.1.I.A, DA:PR5.1.I.B, DA:CN11.1.1.A (FIRST GRADE STANDARD), DA:CR2.1.III, PE2.4.HS1, PE2.2.HS1

Instructional Sequence:

- Warm-Up
 - New Cadets: Review marching & practice the footwork/techniques covered in the last session; ask students first to recall verbally and then to demonstrate kinesthetically
 - Experienced Cadets: Ask cadets to list components of each movement covered from memory
- Complete Dynamic Warm-Up from Week 1
- Play Video Lessons
 - Play video lessons for cadets
 - Consider pausing periodically and ask for volunteers to SUMMARIZE key points or REFLECT on the material
 - Cadets should engage as the video plays
- Practice
 - Set up a pivoting course using gym dots or similar, have cadets move slowly through the course with an experienced cadet at each dot to help provide feedback based on video instruction
- Assess
 - Allow students time to complete the weekly assessment in their student accounts
- Extension
 - See Enrichment Ideas

Experience-Level Differentiation:

- For NEW Cadets: Work through the process of pivoting to make it as natural as possible; this will take time! Help cadets who struggle with coordination of their feet!
- For EXPERIENCED Cadets: Focus practice on the key components of pivoting to help break old habits (i.e. swiveling in place vs. stepping out, slapping their feet down, etc.)
- For ADVANCED Leaders: In groups of 3, act as Squad/Element Leaders and apply the footwork concepts to executing Column movements left and right.

Enrichment Ideas:

- Just keep practicing; these concepts are incredibly challenging for each level of cadet in their own ways!



Week 6

Unit: Foundations of Drill & Ceremony Marching to the Rear

Online Video(s): Week 6 Videos

Learning Objectives:

- TSWBAT Articulate the Mechanics of Each Movement
- TSWBAT Demonstrate Each Movement with Precision & Intensity

Educational Standards:

- Texas: 117.306.c.1.A, 117.306.c.2.A, 117.306.c.3.A, 116.52.c.1.B
- North Carolina: P.DM.1.2, B.DM.1.1, B.R.1.2, PE.9.HF.3.1
- Washington: DA:PR5.1.I.A, DA:PR5.1.I.B, DA:CN11.1.1.A (FIRST GRADE STANDARD), DA:CR2.1.III, PE2.4.HS1, PE2.2.HS1

Instructional Sequence:

- Warm-Up
 - New Cadets: Have cadets follow an experienced cadet or the instructor and execute pivots left and right with the techniques covered in the previous week
 - Experienced Cadets: Ask cadets to list components of each movement covered from memory
- Complete Dynamic Warm-Up from Week 1
- Play Video Lessons
 - Play video lessons for cadets
 - Consider pausing periodically and ask for volunteers to SUMMARIZE key points or REFLECT on the material
 - Cadets should engage as the video plays
- Practice
 - In Squads/Elements, begin marching and practice breaking down the movement piece by piece using by-the-numbers style instruction. Focus on the key mechanics of foot placement, weight distribution, etc.
- Assess
 - Allow students time to complete the weekly assessment in their student accounts
- Extension
 - See Enrichment Ideas

Experience-Level Differentiation:

- For NEW Cadets: Conduct a review of all the skills learned in the past 6 weeks starting with stationary drill and progressing into marching/pivoting!
- For EXPERIENCED Cadets: Hold a “drill down” where the “Simon Says” style of game is used with skills starting with stationary drill and progressing through marching as the numbers dwindle as cadets are knocked out for mistakes, precision errors, or execution errors!
- For ADVANCED Leaders: Hone the intensity of each movement by executing all movements covered with the highest possible muscle engagement and snap!

Enrichment Ideas:

- Explain to cadets what movements can and cannot be commanded while in an Inverted Column formation per your service manual!