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D&C 101 Curriculum

Armed Regulation

Instructor Teaching Guide



Week 1

Unit: Armed Regulation

Lesson: Introduction, Safety & Standing Manual

Online Video(s): Week 1 Videos

Learning Objectives:

- TSWBAT Articulate the Importance of Safety Concerning Armed Drill
- TSWBAT Articulate the Mechanics of Each Movement
- TSWBAT Demonstrate Each Movement with Precision & Intensity

Educational Standards:

- Texas: 117.306.b.1, 117.306.b.2, 116.52.c.4.A, 117.306.c.1.A, 117.306.c.2.A, 117.306.c.3.A, 116.52.c.1.B, 116.52.c.4.A
- North Carolina: B.CP.1, B.CP.2, PE.9.HF.3.1, P.DM.1.2, B.C.1.3, B.R.1.2, PE.9.HF.3.1, PE.9.HF.3.1
- Washington: DA:Re7.1.I, DA:Re7.1.I.b, PE2.4.HS1, PE2.2.HS1, 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, PE3.1.HS1

Instructional Sequence:

- Introduce Unit/Lesson
 - Ask students to identify what they know about firearms safety & conduct as it pertains to everything outside of shooting a live firearm itself (i.e. safety, etc.)
 - Discuss why firearms safety is so important in a school setting and in our society
 - Ask students for and discuss examples of armed drill that they may have seen in movies (i.e. A Few Good Men, Cadet Kelly, etc.)
 - Use Dynamic Warm Up from Unit 1 to prepare to execute the movements
 - Draw rifles from the armory using your existing protocols/procedures
- 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 with the videos as necessary
- 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: Practice and watch carefully for mechanic issues such as grasping the rifle properly and orientation of the rifle (i.e. sling facing the proper direction)
- For EXPERIENCED Cadets: Practice the skills demonstrated and apply the concepts of snap & pop from the first unit to the handling of the rifle
- For ADVANCED Leaders: If you have cadets who are experienced with armed drill, this may be the most tricky for them because they may have habits contrary to the mechanics described herein; have them imagine themselves as brand new cadets learning for the first time to help address some of these habits and encourage them to practice the mechanics shown even if they are reluctant to do so

Enrichment Ideas:



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- Consider pairing cadets together and having them take turns performing a repetition of a movement on your command; take turns having each cadet address a specific correction and something that was done well before changing roles.



Week 2

Unit: Armed Regulation

Lesson: Port Arms & Order Arms

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:

- Introduction
 - Use Dynamic Warm Up from Unit 1 to prepare to execute the movements
 - Draw rifles from the armory using your existing protocols/procedures
- 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: Strength plays a major role in successfully handling a drill rifle, especially if they are fully-weighted. Consider leading cadets through a basic upper-body training regimen to help develop the correct muscle groups.
- 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:

- Have the cadets carefully place their rifles aside and mimic the movements WITHOUT a rifle to further enhance the key positions (i.e. forearms at 45 degrees with triceps parallel to the ground on Count 1 of Port Arms, arms straight w/ wrists canted forward at the Position of Attention, etc.)



Week 3

Unit: Armed Regulation

Lesson: Present Arms & Order Arms

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:

- Introduction
 - Use Dynamic Warm Up from Unit 1 to prepare to execute the movements
 - Draw rifles from the armory using your existing protocols/procedures
- 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: Now that cadets have spent several weeks handling rifles, have cadets begin performing repetitions of each movement at a higher cadence (i.e. work through at 115)
- For EXPERIENCED Cadets: Group cadets into squads/elements and have them work through each of the movements covered thus far; have the squads/elements compete and evaluate one another constructively being sure to point out positive aspects as well as areas for improvement
- For ADVANCED Leaders: Continue to assist newer cadets with their rifle handling skills as needed

Enrichment Ideas:

- Have cadets research in their respective drill manual any specific custom/courtesy information relating to Present Arms while armed with a rifle and have them summarize their findings



Week 4

Unit: Armed Regulation
Lesson: Right Shoulder Arms

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:

- Introduction
 - Use Dynamic Warm Up from Unit 1 to prepare to execute the movements
 - Draw rifles from the armory using your existing protocols/procedures
- 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: Practice, practice, practice! Work through the “breakdown” exercise until the mechanics are solidified and then execute the actual movements by the numbers
- For EXPERIENCED Cadets: Focus their practice on the INTENSITY of the movements in addition to the physical correctness
- For ADVANCED Leaders: As leaders continue to assist newer cadets, have them teach in the style of the video by explaining what the BODY must do (vs. the rifle) to ensure the proper outcome (vs. telling the cadets what NOT to do); for example, try “angle your forearm further in towards your body” instead of “don’t point your rifle behind your head”

Enrichment Ideas:

- This one is just going to require lots of practice – keep the energy focused and positive by ensuring your cadets correct each other but also let one another know what they are doing well! Avoid standing at the Position of Attention for long periods of time. Try working in pairs or in small groups and circulating to provide spot corrections INSTEAD of having them form as a platoon and grind the movements repetitiously.



Week 5

Unit: Armed Regulation
Lesson: Left Shoulder Arms

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:

- Introduction
 - Use Dynamic Warm Up from Unit 1 to prepare to execute the movements
 - Draw rifles from the armory using your existing protocols/procedures
- 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: Practice, practice, practice! Work through the “breakdown” exercise until the mechanics are solidified and then execute the actual movements by the numbers
- For EXPERIENCED Cadets: Focus their practice on the INTENSITY of the movements in addition to the physical correctness
- For ADVANCED Leaders: As leaders continue to assist newer cadets, have them teach in the style of the video by explaining what the BODY must do (vs. the rifle) to ensure the proper outcome (vs. telling the cadets what NOT to do); for example, try “angle your forearm further in towards your body” instead of “don’t point your rifle behind your head”

Enrichment Ideas:

- This one is just going to require lots of practice – keep the energy focused and positive by ensuring your cadets correct each other but also let one another know what they are doing well! Avoid standing at the Position of Attention for long periods of time. Try working in pairs or in small groups and circulating to provide spot corrections INSTEAD of having them form as a platoon and grind the movements repetitiously.



Week 6

Unit: Armed Regulation

Lesson: The 14 or 15-Count Manual of Arms

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:

- Introduction
 - Use Dynamic Warm Up from Unit 1 to prepare to execute the movements
 - Draw rifles from the armory using your existing protocols/procedures
- 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 review of all the skills learned in the past 6 weeks
- For EXPERIENCED Cadets: Hold a “drill down” where the “Simon Says” style of game is used with rifle manual skills
- For ADVANCED Leaders: Hone the intensity of each movement by executing all movements covered with the highest possible muscle engagement and snap!

Enrichment Ideas:

- Consider introducing the cadets to marching while armed at each of the key positions covered throughout this unit (with the exception of Present Arms, obviously).