

**PLAN OF INSTRUCTION/LESSON PART I**

NAME OF INSTRUCTOR

COURSE TITLE

USAF Basic Military Training

BLOCK TITLE

Street

**COURSE CONTENT**

**TIME**

**4. Drill Movements**

61.25

a. Without reference, perform individual drill movements on command in no more than two attempts per movement. Task(s): 3 MEAS: PC

(61.25)

- (1) Position of Attention (0.5 Hr)
- (2) Parade Rest (0.5 Hr)
- (3) Left Face (0.5 Hr)
- (4) Right Face (0.5 Hr)
- (5) About Face (0.5 Hr)
- (6) Present Arms (0.5 Hr)
- (7) Weapons Drill (2 Hrs)
- (8) Dress, Cover, Interval and Distance (DCID) (0.5 Hr)
- (9) Transitory (21 Hrs)
- (10) Ceremonial (2.5 Hrs)

**SUPERVISOR APPROVAL OF LESSON PLAN**

SIGNATURE AND DATE

SIGNATURE AND DATE

POI NUMBER

LMABM9T000 00AB

BLOCK

I

UNIT

4

DATE

04 Oct 2010

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## SUPPORT MATERIALS AND GUIDANCE

### Student Instructional Materials

Objective A: None

(Source documents: AFPAM 36-2203 and NAVMC 2691)

### Audiovisual Aids

Objective A: None

### Training Equipment

Guidon (1)

### Training Methods

Lecture/Demonstration/Performance (61.25 hrs)

### Instructional Guidance

4(a) This unit contains multiple teaching steps (lessons). Present all lessons with the trainees' backs to the sun. Ensure trainees hydrate on breaks. Before the lesson, review waiver limitations and if trainees are restricted from performance, allow them to observe the lesson. Ground satchels and canteens and stack trainer weapons. Brief trainees that they will be evaluated on individual drill with a progress check (PC), which they must successfully complete in order to graduate from BMT. Application of drill occurs throughout the course.

Core values are woven throughout the course.

Heat Stress Disorder Prevention and Work/Rest Cycles: This activity is rated as an Easy Workload. Monitor closely and adhere to Work/Rest Cycles written on 737 TRG VA 48-1 and 48-2. During Red/Black Flag conditions, drill in covered area using Work/Rest Cycle. During Red Flag conditions, cancel Retreat and Parade.

**ORM Tag indicates a possible point in the lesson to interject ORM and may be used at Instructor's discretion.**

Operational Risk Management (ORM) Note: Instructors need to utilize the BMT ORM Daily Checklist prior to each activity to determine a risk rating for that activity. Once you have the risk rating, use the following guidance to mitigate risks associated with that activity. Remind trainees of appropriate and safe locations they may practice drill (e.g., not in dining facilities, in latrines or on slippery floors).

**In order to mitigate heat related injuries in BMT (during all outside activities):**

1. 37 AMDS provides hourly installation Wet Bulb Globe Temperature (WBGT) notices for current flag conditions. Notices are forwarded via e-mail to all 737 TRG personnel and 37 TRW/CP. The 326 TRS conducts installation WBGT after 1700 hours on weekdays and all day on weekends. The BEAST site operates remote WBGT reporting for that site location only.
2. Flags are posted on all Basic Military Training (BMT) facilities, drill/Physical Training (PT) pads, Basic Expeditionary Airman Skills Training (BEAST) sectors and common use areas on LAFB (e.g., Processing Center or Reception Center).
3. All Military Training Instructors (MTIs) carry a BMT Heat Stress Prevention Card outlining hydration and work rest standards activities (workload) for weeks of training (acclimatized/unacclimatized).

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## SUPPORT MATERIALS AND GUIDANCE (continued)

4. Trainees adhere to daily hydration schedule of ½ to ¾ of a canteen per hour, not to exceed 12 canteens per day.
5. All major outdoor activities and associated workloads are outlined in 737 TRG Instructions for: PT, BEAST, Obstacle Course, FEST, CBRNE, Parade and Retreat.
6. Identify trainees with pre-existing heat or sickle-cell conditions and mandate the wear of reflective wrist/arm band for those trainees during all outside activities until the end of the 6 week of training (WOT).
7. Instructors/Staff adhere to strict control measures/guidance to limit effects of heat stress.
8. BMT “two glass” rule require trainees to drink two glasses of water, sports drink, milk or juice at each meal.

### **In order to mitigate risks associated with troop movements/marching formations (motor vehicle hazards, slips or twisted ankle/knee and movement during darkness):**

1. All MTIs are trained and certified on “control of a marching fight”.
2. Marching Units and Pedestrian Operational Risk Management (ORM) - outlined in 737 TRGI 36-3, Vol. 1.
3. Flight road guards are trained and supervised during all intersection crossings.
4. 737 TRG Instruction outlines individual/flight movement during periods of darkness.
5. Personal Protective Equipment includes reflective vest/wrist/arm bands and operational flashlight with florescent wand.
6. Any trainee movement at night is accomplished with a wingman.

### **In order to mitigate injuries related to MTI Tools:**

1. MTI Tools/Exercise Challenge is one set of three exercises (20 seconds for each exercise for a total of 1 minute):
  - a. Push-ups
  - b. Flutter Kicks
  - c. Four Count Squat Thrusts
2. Each exercise will not exceed 5 sets per day (Total of 5 minutes) 0-1 WOT
3. Each exercise will not exceed 5 sets per day (Total of 10 minutes) 2-8 WOT
4. MTIs signed-off in CJQS on the use of MTI Tools
5. Strict adherence to Heat Stress Prevention Measures (see that section for guidance)

PC Instructions: Complete the PC for this objective in accordance with the Weekly Activity Schedule (WAS) and instructions in 737 TRGI 36-3, Vol. 1. The PC can be downloaded from the BTMS database under the curriculum link.

Documentation: The Flight Instructor ensures objective is completed and documented in the BTMS database.

Motivational Training (MTI tools): The use of MTI tools must be consistent with guidance in 737 TRGI 36-3, Vol. 1 and serve a legitimate training purpose IAW AETCI 36-2216.

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## SUPPORT MATERIALS AND GUIDANCE (continued)

### INDIVIDUAL GUIDON BEARER PROCEDURES

Order Guidon – The guidon bearer holds the guidon in a vertical position and keeps the ferrule on the ground beside the right foot. The guidon bearer holds the staff with the right hand in the "V" formed by the thumb and the fingers extended and joined. The right hand and arm behind the staff with the arm bent naturally and the staff resting against the hollow of the shoulder.

Carry Guidon – The guidon bearer grasps the staff with the left hand while at the same time loosening the grip of the right hand on the staff. The guidon is raised vertically with the left hand, letting the staff slide upward through the right hand until the ferrule is approximately 6 inches from the ground. The guidon bearer then regrips the staff with the right hand and cuts the left hand away smartly to the left side. Execute Carry Guidon on all preparatory commands except Parade Rest, Flight Attention, Present Arms, Extend and Close March (Halted), Count Off and Close Ranks.

Parade Rest – Execute by sliding the hand up the staff while inclining the staff of the guidon forward at arm's length with the hand at waist level.

Present Arms – On the preparatory command, smartly raise the guidon vertically until the right arm is fully extended. At the same time, bring the left hand smartly across the chest to guide the staff. On the command of execution, the guidon bearer lowers the guidon straight to the front with the right arm extended and the staff resting in the pit of the arm, cutting the left hand away smartly to the left side.

Order Arms – The guidon bearer executes order guidon after bringing the guidon to the carry position, the staff is permitted to slide through the right hand. The staff is steadied with the left hand until the guidon is in the position of order guidon and the left hand is then cut smartly away to the left side.

Individual Salute – The guidon bearer executes the salute with the left hand in a two-count movement. On first count, the left arm is moved horizontally across the body with forearm and wrist straight and fingers and thumb extended and joined with the palm down. The first joint of the forefinger touches the staff. On the second count, the left hand is cut smartly away to the side. The salute at carry guidon is executed in the same manner except the ferrule is approximately 6 inches from the ground.

BY THE NUMBERS and COACH PUPIL instructions are in the application portion of the POI, Part II, Teaching Steps for the individual drill lessons.

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LESSON PLAN, PART II, TEACHING GUIDE

UNIT TIME: 61.25 Hrs

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INTRODUCTION

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ATTENTION:

MOTIVATION:

REVIEW:

OVERVIEW:

TRANSITION:

(e) Change Step (0.5 Hr)

OBJECTIVE: Without reference, perform individual drill movements on command in no more than two attempts per movement.

METHOD(s): Lecture/Demonstration/Performance

INSTRUCTIONAL AID(s): None

Refer to POI, Part I for Operational Risk Management (ORM) Instructional Guidance

1 WHOLE IMPRESSION

- a Tell trainees you represent the entire flight
- b Properly demonstrate the movement using command voice and military bearing; set the standard for performance
  - 1 Perform Change Step using a side view with trainees' attention to your lower body
  - 2 Perform the movement a second time using a frontal view with trainees' attention to your upper body

2 Requirements

- a Marching at attention
- b Any formation
- c Close or normal interval
- d Cadence of quick time

3 Instruction – CHANGE STEP, MARCH

- a Commands are given as the heel of the right foot strikes the ground
- b On *Change Step*, mentally prepare yourself, but continue to march
- c On **MARCH**,
  - 1 Take one 24-inch step with the left foot
  - 2 In one count:
    - a Place the ball of the right foot alongside the heel of the left foot and suspend arm swing, without raising up or leaning forward

b Transfer weight of the body to the right foot and immediately step off with the left foot in a 24-inch step and resume arm swing

ORM

3 Upper body remains at Attention throughout the movement

APPLICATION: Have trainees perform **Change Step**

EVALUATION: None

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## CONCLUSION

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SUMMARY:

REMOTIVATION:

ASSIGNMENT:

CLOSURE: