Lesson Plans are designed to accompany the related Helps documents for each Step. Please refer to the resources in the appropriate Helps document found in the Leader Pages while you prepare your lesson.

The six “F”s are presented in a suggested order, but you are not required to complete them in that order. You may rearrange them as fits your troop’s particular needs.

**Necessary Resources**

- Construction paper
- Sticky-backed foam shapes
- Pencils
- Crayons or markers
- Paper

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- Materials to create military-style obstacle course (See Fun Activity)
- Paper

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- Misc. card making supplies (construction paper, markers, crayons, glue, etc.)
- Materials to create military-style obstacle course (See Fun Activity)
Basic Training
Participate in a series of callisthenic exercises such as crunches, pushups, pull ups, leg lifts, jumping jacks, short runs. Keep it fun! This segment should last 20 minutes or less.

Army Obstacle Course
An obstacle course can be a great way to run off some energy! There are tons of great ideas for Army-themed obstacle courses. For example, have your little soldiers walk a mine field (use duct tape to make a line from heel to toe; if a boy loses his balance, other players can toss water balloons), jump across mud (brown paper or towels), or pop a grenade (black balloon).

Read more at:
FOCUS

Military Branches
Discuss the Five Branches of the military. Name the five branches of the United States Armed Forces:

- Army
- Navy
- Marines
- Air Force
- Coast Guard

Learn what they do and how they protect our country. Show the Trailmen a picture of the uniform of each branch. Try to invite someone in the military or a veteran to speak to the Trailmen.

What Do They Do?
Discuss and name the five branches of the United States Armed Forces:

- Army
- Navy
- Marines
- Air Force
- Coast Guard

Learn what they do and how they protect our country. Learn the difference between the branches and what they are responsible for. Learn some of the different emblems. Talk to someone who has served or is currently serving in the United States Military.

Ask questions such as:
- What branch of the military are you serving in/did you serve in?
- What is/was your rank?
- What is/was your job?
- Why did you choose that branch?
Branches

Name the five branches of the United States Armed Forces (Army, Navy, Marines, Air Force, and Coast Guard). Learn what each one does and how they protect our country, individually and as a whole. Invite someone who has served or is currently serving in the United States military to briefly share his or her experience. Perhaps call in a recruiter to share. Find out which branch these men and women have served in or are serving, their ranks, their jobs, and why they chose their branch of the military.

Learn about some of the special teams that each branch uses (Navy Seals, Special Forces, etc.).
Uniform Parts
People in the military wear uniforms. Each branch has a different uniform. Draw a picture of yourself in your Woodlands Trail uniform. Make sure to include ALL the pieces. Use foam shapes for badges and patches.

Marching
Write a Patrol song as a group. Example:

“I don't know, but I've been told
The Hawks I know are really bold!
We like to climb up to the sun;
Let's go hike and have some fun”

Practice marching to your song. Change marching leaders often.

Draw a picture of a hero or what it means to be a hero.

Cards
Make thank you cards for veterans. Have them delivered to a local veteran's hospital/clinic or mailed to the USO for delivery to those serving overseas.
FAITH (TRAIL GUIDE THOUGHTS)

Thanks for the Military
Use suggested prayer, or ask a group member to pray.

Thank You, Lord, for the courage and selfless service of our military troops. May all who serve around the world turn to You for rest and protection. Keep them safe from all hidden dangers and deadly diseases. May they not fear the terrors of night or the disaster that strikes at midday. Order Your angels to protect them wherever they go. Keep their feet from slipping, and hold them securely in Your strong right hand until they are safely home. (Ps. 91:i-ii, I2i:3, 139:i0) (from http://www.navpress.com/images/pdfs/978l576839645.pdf)
FAMILY

Military Family
Learn about a family member or family friend who has served or is serving in the military. Look at photos or memorabilia of that person's service time.

Volunteer
Call and visit your local USO office and volunteer as a family. You can locate the nearest office at http://www.uso.org/US/

War Memorial
Visit a war memorial. Talk about what a memorial is and its importance. As a family, briefly pick up trash and clean around the memorial. If possible, discover the history of the war commemorated by the memorial.
By actively participating in this meeting, each Trailman earned the Armed Forces Step on the Heritage Branch.

*Note: It is up to the Trail Guide to determine whether or not a Trailman was an active in the meeting. Even if he attended the meeting, you are not required to award him the Step if he did not participate.