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.

*Please see the Trail Life USA Shooting Sports Guidebook for further information regarding safety with shooting weapons.

**Necessary Resources**

- Cardboard (for shields)
- Foam Swords or Pool Noodles
- Duct Tape

- Age-appropriate, safe archery set

- Family-size tissue box
- Scissors
- Hole punch
- Ballpoint pen
- Pushpin
- 2 rubber bands
- 2 unsharpened pencils
- 4-inch length of pipe cleaner
- Tape
- Plastic cap
- Glue dots
- Various Size Marshmallows
**FUN**

Seagulls and Crows
Split everyone into two teams. Assign one team to be the "crows" and the other team as "seagulls." Have each team line up parallel with each other (facing each other), with about three feet between them.

Explain the rules. In the game, you will be telling a story. If you say the word "crow" in the story, the crows have to run back to their ending line/end of the room. The seagulls will try to tag the crows before they reach the end of their line/room- If the seagulls tag a crow, the crow becomes part of the seagulls' team. Same goes vice versa- if you say the word "seagull" in your story, then the crows try to tag the seagulls before they run back to their side of the room.

Start with a practice round- tell a story and somehow add the word "seagull" or "crow." (Example: "Yesterday, I went over to my grandma's house. She has 100 cats and 20 seagulls!" or "At the zoo, I see lots of different animals. Crabs, kangaroos, cats...and especially crows."

Start the game- Whoever has the most players on one side at the end of 15 minutes wins the game (or, if one team tags every one of their opposing team, they win the game).
Sword and Shield
People used to fight with swords and protect themselves with shields. They were good weapons, but very heavy because they were made of metal.

Explain the benefits and downfalls of Swords and Shields.

We are going to have a sword fight, but make our swords out of foam so they won’t be as heavy.

Bow and Arrows
People all around the world have used Bows and Arrows for thousands of years for hunting and in battle. Learn about how they work and the parts of some of them.

Explain the benefits and downfalls of Swords and Shields.

Catapults
“Catapult” comes from two Greek words, “Kata” which means downward and “pultos” which is a small shield. Together, Katapultos means “shield piercer.”

Catapults were first invented to hurl projectiles farther than any human could. They proved themselves very effective as siege weapons and invaluable on the battlefield. Catapults have been used since ancient times all the way to World War I.

This investigation was performed to find how the angle of launch between the catapult arm and the fulcrum (base) affects the distance a projectile is launched. To do this the crossbar that stops the arm (thus releasing the projectile) would have to be moved so that the catapult would release the object at a desired angle.

http://webapps.yarmouth.kl2.me.us/~mrice/2ndtril011/ntag_tril2/Welcome.html
Talk about the following terms: force, motion, and balance.
FINGERS

Sword Fighting
Trail Guides, help the boys trace a shield on cardboard. Once they have made their shields, make a handle on the back with duct tape.

Show the Trailmen how to protect themselves with the shield and fight with the swords. Allow them time to fight each other.

Archery
Learn how to shoot a safe bow and arrow. Practice aiming at a target and firing. Remember not to aim at people.

Build a Catapult!
- Expand the opening of the tissue box by cutting off the sections shown.
- Punch a hole 2 inches from one end and 1/2 inch down from the opening of the box. Enlarge the hole with the ballpoint pen. Make a matching hole on the opposite side of the box.
- In the center of the far end of the box, poke a hole with the pushpin 1/4 inch up from the bottom. Enlarge the hole slightly with the ballpoint pen.
- Snip one rubber band to create a strip. Use the strip to wrap and tie the pencils into a cross, as shown. Loop the other band around the 2-inch pencil section as shown, and tighten.
- Insert the pencil cross into the box holes. Fold the pipe cleaner around the rubber band loop and poke both ends through the hole near the base. Spread open the pipe cleaner ends and tape them to the outside of the box. Attach a plastic cap to the end of the pencil with a couple of glue dots.
• To use your catapult, pull the capped pencil back, load it with a marshmallow, and let go! (To be safe, do not launch any hard or sharp items.)

_Courtesy of FamilyFun Magazine_
Protection
Just like the shields protected us from the swords, God protects us from danger. Discus God’s protection over us.

Pray with the Trailmen.

God’s Protection
Read and discuss Psalm 44:6-7. See how bows are mentioned in the Bible? While a bow and other weapons are good for protecting you in danger, they will not protect you as much a God will.

Pray with the Trailmen.

Follow God’s Commands
Paraphrase Joshua 6:1-20 about the story of Joshua, Israel, and Jericho. What did God command them to do? Why was it important to follow God’s commands? The walls came tumbling down! Talk about obeying the Lord when He tells us something to do, it is for our benefit.

Pray with the Trailmen.
FAMILY

Swords
Talk with your family about swords. Find some pictures of old swords and look at how they are different from the foam ones.

Archery
Try to watch someone shooting a real bow and arrow with your family, either in real life or in a video. Watch how they aim.

Punkin Chunkin’
Find and view a video clip of “Punkin Chunkin’” from the Science Channel and talk about the different kinds of catapults.

If possible, build another catapult with your family like the one that was built during this activity.
By actively participating in this meeting, each Trailman earned the Ancient Weapons Step on the Science and Technology 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.