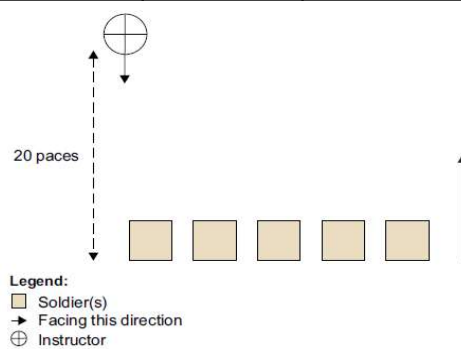


Training Event Plan

Lesson/Activity /Exercise title:	Perform Rest on Arms				
Learning outcomes/training objectives:	Rest on Arms from the Attention and come to Attention from the Rest on Arms				
References: 1) LWP-G 7-7-5 Drill, ch6, annex A 2) LWP-G 7-1-2 The Instructor's Handbook			Equipment/Materials: Dress of the Day EF88 Steyr, magazine and parade sling Sun Screen Water Bottle		
Method:	Practical	Location:	Parade Ground	Time:	1000 hours
Safety precautions: Carry out collective safety precautions before the lesson.		Layout: 			
Teaching Points: 1. Rest on Arms from the Attention 2. Attention from the Rest on Arms			Assessment Criteria: 1. Rest on Arms from the Attention 2. Attention from the Rest on Arms		
Preliminaries					
Attendance Check:		Squad – Number Squad Right – Dress Squad Eyes – Front			
Positioning of trainees		Before being marched on to the Parade Ground students are to be formed up in single file			
Introduction					
Revision: There is no associated learning for this period					
Reason for learning: During this lesson you will be taught Rest on Arms from the Attention and Attention from the Rest on Arms. The reason you are being taught this is so that you as Australian soldiers can perform the correct drill movements when performing ceremonial duties and during military funerals.					
Statement of objectives: At the end of this lesson you will be able to Rest on Arms from the Attention and come to Attention from the Rest on Arms in the correct sequence to the correct cadence whilst calling the time.					

Body of the Lesson		
<u>Stage</u>		<u>Remarks</u>
Approach	<p><u>COMPLETE DEMONSTRATION</u></p> <p>Watch this way for a complete demonstration on performing Rest on Arms from Attention</p>	<p>Note for Instructor: (Give the squad the cadence when explaining)</p>
Lead	<p>POSITION</p> <p>REST ON - ARMS</p> <p>ATTEN - TION</p> <p>REST</p> <p>As with all drill movements in the military, this lesson is taught to you in stages by the use of catchwords and numbers.</p>	
Open	<p><u>TEACHING STAGES</u></p> <p>We will be conducting Rest On Arms</p> <p>Watch now for a demonstration of what happens on the command by numbers REST ON ARMS - ONE</p>	
Present	<p>(Demonstration)</p> <p>POSITION</p> <p>BY NUMBERS REST ON ARMS - ONE - ONE</p> <p>REST</p> <p>(Explanation)</p> <p>On the command REST ON ARMS - ONE, the rifle is brought up into a vertical position at the right-hand side of the body by bending the elbow and forcing the forearm up so that the front handgrip is in line with the right shoulder. The left arm remains locked to the side of the body and the head and eyes are looking straight forward.</p> <p>Using the full power of your voice you will call out the catchword ONE when conducting this movement. Are there any questions? OK, let's give it a go.</p>	

<p>Perform</p>	<p>(Practice)</p> <p>SQUAD BY NUMBERS REST ON ARMS - ONE</p> <p>(Fault correct and practice x2+)</p>	
<p>Confirm</p>	<p>SQUAD BY NUMBERS REST ON ARMS - ONE</p> <p>(Fault correct until satisfied)</p>	
<p>Present</p>	<p>Watch now for a demonstration of what happens on the command by numbers REST ON ARMS - TWO</p> <p>(Demonstration)</p> <p>POSITION</p> <p>BY NUMBERS REST ON ARMS - TWO- TWO</p> <p>REST</p> <p>(Explanation)</p> <p>On the command by numbers, REST ON ARMS – TWO, to the cadence of eight beats in slow time, the rifle is lowered by forcing it across and down the front of the body with the right hand. The soldiers should use the numbers, 'ONE', 'TWO', 'THREE', 'FOUR', 'FIVE', 'SIX', 'SEVEN', 'EIGHT', to assist in maintaining the cadence. The arm should be fully extended by holding the rifle slightly off the waist. You will call the number TWO when conducting this movement. Are there any questions regarding this drill movement? OK, let's give it a go.</p>	
<p>Perform</p>	<p>(Practice)</p> <p>SQUAD BY NUMBERS REST ON ARMS - TWO</p> <p>(Fault correct and practice x2+)</p>	
<p>Confirm</p>	<p>SQUAD BY NUMBERS REST ON ARMS - TWO</p>	

	(Fault correct until satisfied)	
Present	<p>Watch now for a demonstration of what happens on the command by numbers REST ON ARMS - THREE</p> <p>(Demonstration)</p> <p>POSITION</p> <p>BY NUMBERS REST ON ARMS - THREE- THREE</p> <p>REST</p> <p>(Explanation)</p> <p>On the command by numbers, REST ON ARMS – THREE, the left hand is placed on the rifle over the optic sight. The fingers and thumb are kept together and extended and the back of the hand faces the front. The left elbow is kept up and out from the body. You will call out the number THREE when conducting this movement. Are there any questions regarding this drill movement? OK, let's give it a go.</p>	
Perform	<p>(Practice)</p> <p>SQUAD BY NUMBERS REST ON ARMS - THREE</p>	
Confirm	<p>(Fault correct and practice x2+)</p> <p>SQUAD BY NUMBERS REST ON ARMS - THREE</p> <p>(Fault correct until satisfied)</p>	
Present	<p>Watch now for a demonstration of what happens on the command by numbers REST ON ARMS - FOUR</p> <p>(Demonstration)</p>	

	<p>POSITION</p> <p>BY NUMBERS REST ON ARMS - FOUR - FOUR</p> <p>REST</p> <p>(Explanation)</p> <p>On the command by numbers, REST ON ARMS – FOUR, the right hand is placed on top of the left. The fingers and thumb are kept together and extended, and the back of the hand faces the front. The right elbow is kept up/out from the body. You will call out the number FOUR when conducting this movement. Are there any questions regarding this drill movement? OK, let's give it a go.</p>	
Perform	<p>(Practice)</p> <p>SQUAD BY NUMBERS REST ON ARMS - FOUR</p>	
Confirm	<p>(Fault correct and practice x2+)</p> <p>SQUAD BY NUMBERS REST ON ARMS - FOUR</p> <p>(Fault correct until satisfied)</p> <p>Watch now for a demonstration of what happens on the command by numbers REST ON ARMS - FIVE</p>	
Present	<p>(Demonstration)</p> <p>POSITION</p> <p>BY NUMBERS REST ON ARMS - FIVE - FIVE</p> <p>REST</p> <p>(Explanation)</p> <p>On the command by numbers, REST ON ARMS – FIVE, the head is lowered to the count of four beats in slow time until looking at the ground 2 m to the front. At the same time, the elbows are moved close to the body. You will call out the</p>	

	<p>number FIVE when conducting this movement. Are there any questions regarding this drill movement? OK, let's give it a go.</p>	
Perform	<p>(Practice)</p> <p>SQUAD BY NUMBERS REST ON ARMS - FIVE</p> <p>(Fault correct and practice x2+)</p> <p>SQUAD BY NUMBERS REST ON ARMS - FIVE</p> <p>(Fault correct until satisfied)</p>	
Confirm	<p>That completes Rest on Arms</p>	
Close	<p>What we'll go on with is Attention from the Rest on Arms</p>	
Lead	<p>Watch now for a demonstration of what happens on the command by numbers ATTENTION - ONE</p>	
Open	<p>(Demonstration)</p>	
Present	<p>POSITION</p> <p>BY NUMBERS ATTEN - TION - ONE - ONE</p> <p>REST</p> <p>(Explanation)</p> <p>On the command ATTENTION - ONE, the head is raised smartly and, at the same time, the front handgrip is grasped with the right hand and the left elbow is raised out from the body. Using the full power of your voice you will call out the catchword ONE when conducting this movement. Are there any questions? OK, let's give it a go.</p> <p>(Practice)</p> <p>SQUAD BY NUMBERS ATTEN - TION - ONE - ONE</p>	

<p>Perform</p> <p>Confirm</p> <p>Present</p> <p>Perform</p>	<p>(Fault correct and practice x2+)</p> <p>SQUAD BY NUMBERS ATTEN - TION - ONE - ONE</p> <p>(Fault correct until satisfied)</p> <p>What we'll go on with is Attention from the Rest on Arms</p> <p>Watch now for a demonstration of what happens on the command by numbers ATTENTION - TWO</p> <p>(Demonstration)</p> <p>POSITION</p> <p>BY NUMBERS ATTEN - TION - TWO - TWO</p> <p>REST</p> <p>(Explanation)</p> <p>On the command ATTENTION - TWO, the head is raised smartly and, at the same time, the front handgrip is grasped with the right hand and the left elbow is raised out from the body. Using the full power of your voice you will call out the catchword TWO when conducting this movement. Are there any questions? OK, let's give it a go.</p> <p>(Practice)</p> <p>SQUAD BY NUMBERS ATTEN - TION - TWO- TWO</p> <p>(Fault correct and practice x2+)</p> <p>SQUAD BY NUMBERS ATTEN - TION - TWO - TWO</p> <p>(Fault correct until satisfied)</p>	
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	That concludes Attention from Rest on Arms	
Confirm	<p>(Practice)</p> <p>What will happen from here is Linking the stages of the Rest on Arms from Attention and Attention from Rest on Arms. I will use the full words of command and you will carry out the drill movement, any questions?</p>	
Close		
Lead	<p>SQUAD BY NUMBERS REST ON ARMS - ONE</p> <p>SQUAD BY NUMBERS REST ON ARMS - TWO</p> <p>SQUAD BY NUMBERS REST ON ARMS - THREE</p> <p>SQUAD BY NUMBERS REST ON ARMS - FOUR</p> <p>SQUAD BY NUMBERS REST ON ARMS - FIVE</p> <p>SQUAD BY NUMBERS ATTEN - TION - ONE</p> <p>SQUAD BY NUMBERS ATTEN - TION - TWO</p> <p>(Fault correct x2+)</p>	
Perform	<p>I will now shorten the words of command</p> <p>SQUAD BY NUMBERS REST ON ARMS - ONE</p> <p>SQUAD - TWO</p> <p>SQUAD - THREE</p> <p>SQUAD - FOUR</p> <p>SQUAD - FIVE</p>	
Confirm	<p>SQUAD BY NUMBERS ATTEN - TION - ONE</p> <p>SQUAD - TWO</p> <p>(Fault correct x2+ or until satisfied)</p>	
Present	<p>Watch now for a complete demonstration of all the drill movements that have been taught to you in this lesson whilst calling the time.</p> <p>POSITION</p> <p>REST ON - ARMS</p> <p>ATTEN - TION</p> <p>REST</p> <p>The cautionary words of command for the Rest on Arms from Attention are REST ON. The executive word of command you</p>	Note for Instructor: Explain the cadence of the Regulation pause of 2, 3 between movements

	<p>will get is ARMS on which you will act upon. Are there any questions on the cautionary or executive word of command for the Rest on Arms from Attention?</p> <p>The cautionary word of command for Attention from the Rest on Arms is ATTEN. The executive word of command you will get is TION on which you will act upon. Are there any questions on the cautionary or executive words of command for Attention from the Rest on Arms?</p> <p><u>PRACTICE STAGES:</u></p> <p>What will happen from here is practice of all these drill movements whilst I will call the time, you will say nothing unless told otherwise.</p>	
Initial Practice	<p>SQUAD REST ON - ARMS</p> <p>SQUAD ATTEN - TION</p>	
Secondary Practice	<p>(Go through once or Twice until happy with the squad movement within the cadence)</p> <p>Give feedback</p> <p>Ok, we are going to go on with the squad calling the time.</p>	
Final Practice	<p>SQUAD REST ON - ARMS</p> <p>SQUAD ATTEN - TION</p> <p>(Go through with fault correction and keep going until you're happy with the standard of the Squad)</p> <p>Give feedback</p> <p><i>Are There Any Final Questions or Doubtful Points on what you have been taught during this lesson!?</i></p>	

Conclusion

NB: Have you cleared up any doubtful points or answered all trainees' questions?

Test of objectives:

SQUAD REST ON - **ARMS**

SQUAD ATTEN - **TION**

Remember to consider:

Feedback: In this lesson you have worked...

Consideration for training shortfalls

Summary:

What was observed in this lesson as major faults within the squad and points to remember when conducting these drill movements.

Statement of relevance:

During this lesson you have been taught to Rest on Arms from Attention and to come to Attention from the Rest on Arms.

The reason you are taught this is so that you as Australian soldiers can conduct this drill on ceremonial occasions and during military funerals.

Safety precautions: Carried out when off the Parade Ground

Next period on the subject:

Next period of instruction:

Dismissal: