



Troop 444

First Year, First Class Program

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Troop 444 - First Year Program

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Troop 444 - First Year Program

Program Plan

Lesson & Skill	Location	Requirements Worked On
Lesson 1 - Scout Rank and Introduction to Troop 444	TM	Scout Rank, T4A
Lesson 2 - Organizing the Patrol	TM/PM	Scout Rank, T7, T8, F11
Lesson 3 - Knots	TM/PM	T4A, T4B, T4C, T8
Lesson 4 - Physical Fitness	TM	T10A, T10B, T12A
Lesson 5 - Camping Skills	TM/PM	T1, T2, T3, T8, T10B, S2
Lesson 6 - First Aid	TM/PM	T10B, T12A, T12B
Lesson 7 - Flag and Nature	TM/PM	T5, T6, T8, T9, T10B, T11, S4
Lesson XX - Living Scout Oath (Promise)		T13
Lesson 8 - Orienteering	TM/PM/C	S1A, S1B, S6
Lesson 9 - Camping Skills, Totin' Chip and Fires	TM/PM/C	S3A, S3B, S3C, S3D, S3E, S3F, S3G
Lesson 10 - Nature	TM/PM/C	S6, F6
Lesson 11 - CPR and Hurry Cases	TM/PM	T12A, S7A, F8D
Lesson 12 - First Aid	TM/PM	S7B, S7C
Lesson 13 - Drugs, Alcohol and Tobacco and Budgets	TM/PM	S9A, S9B, S10
Lesson 14 - Aquatics	SC	S7B, S8A, S8B, S8C, F9A, F9B, F9C, F9D
Lesson XX - Living Scout Oath (Promise)		S11
Lesson 15 - Orienteering	TM/PM/C	F1, F2, F3
Lesson 16 - Cooking	TM/PM/C	F4A, F4B, F4C, F4D, F4E, F6
Lesson 17 - Pioneering	TM/PM/C	F5, F7A, F7B, F7C
Lesson 18 - Citizenship	TM/PM	F5
Lesson 19 - Rescue Knots	TM/PM	F8A, F8C
Lesson 20 - First Aid	TM/PM	F8B
Lesson XX - Living Scout Oath (Promise)	TM/PM	F10
Legend: TM = Troop Meeting, PM = Patrol Meeting, C = Campout, SC = Summer Camp		

Troop 444 - First Year Program

Troop Guide,

Congratulations on being given one of the most important jobs a boy can hold in Troop 444.

It is your responsibility to give the new Scouts that join our Troop the great learning experiences that you enjoy in Scouting. This position can give you more satisfaction and accomplishment than any other position you have held or will hold in the Troop. These new Scouts will be looking to you to guide them through Scout, Tenderfoot, Second Class and First Class ranks. The boys will look to you for leadership, mentorship and guidance. Success will strengthen the overall troop with the addition of boys well trained and satisfied.

With the help of your Assistant Scoutmaster, Scoutmaster and all other adult leaders, you will teach these new Scouts the important Scout skills that are the basis of the Scout program. The Troop Instructors are a great resource and they should be included in your lessons.

Further, to assist you, a small team of experienced scouts will support your efforts and the new patrol. The team will reflect the ideals of the Scout Oath and Law plus demonstrate from performance a high degree of dedication, motivation and attention to detail. These scouts will be selected in a collaborative effort with Adult and Scout leadership. This core group lead by you will work with the First Year patrol to achieve the goals of each lesson and the overall program.

Troop 444 takes pride in our advancement quality. All the leadership is here to help you in every way possible. The following lesson plans are written to help you guide your patrol to First Class. You will be present at the Scoutmasters Conference and the Board of Review for each of your Scouts. This will give you feed back to be sure that your Scouts are learning the skills that you are teaching them. We want to be sure that our new scouts experience the full program by learning and having fun at the same time.

We challenge you to do your best as Troop Guide because you can make or break the Scouting spirit that each new Scout comes to us with.

Yours in Scouting,

Mr. Price

Scoutmaster

Senior Patrol Leader

Troop 444 - First Year Program

Ass't Scoutmaster – 1st Year Program

Dear Scout,

Welcome to Troop 444. Scouting is a great organization in which to learn and have fun at the same time. We are here to help you get the most out of Scouting and we look forward to great times with you.

The following program is what we use to guide our new Scouts through Scout, Tenderfoot, Second Class and First Class Ranks. One of our older Scouts will be your Troop Guide. He will guide you through this program. With his help and that of your Assistant Scoutmaster you will excel to First Class before you know it.

Please feel free to ask the adults or older Scouts **any** questions you have.

As we said before this is supposed to be fun and we want to know if it is not so we can help fix it. We look forward to seeing you become the Eagle Scout you already have inside you.

Yours in Scouting,

Matt Price

Scoutmaster

1st Year Scout Troop Guide

Ass't Scoutmaster – 1st Year Program

Senior Patrol Leader

Lesson Plans

The idea of the plans is to give the Troop Guide / First Year Team some structure for you and all of the New Scout Patrols. Please use them to organize each meeting and look ahead with the boys to see the next lesson to be accomplished. Your Scouts will learn better if they have a chance to look over the material before you teach the lesson. Most lesson plans are set up for a one half hour period, but some are longer like the first two lessons which are an hour long only because you will have a lot to accomplish at those two meetings. You may certainly do more than one plan if you have time at a Troop meeting, campout or a patrol meeting. You will have the half-hour at every Troop meeting, but you will need to coordinate with the Senior Patrol Leader if you need more time. This should be done in the Patrol Leaders Council meetings because that is when the Troop meetings are planned. You hold a leadership position and you should attend the Patrol Leader Council meetings with your Patrol Leader. Utilize your 1st Year Asst. Scoutmaster, Assistant Scoutmaster and Troop Instructors as much as possible because they are great resources.

Patrol Leader

The Patrol Leader will hold his position for one month. He will help the Troop Guide have the lesson ready for each meeting. He will help run the Patrol Meetings and be in charge of his Patrol on Troop outings or separate Patrol outings. Each boy will have a chance to be Patrol Leader and Assistant Patrol Leader. This will help prepare them for the leadership positions they may hold in the Troop later. Please help them and guide them because they will be uncertain about what to do. We do not want this to be a bad experience.

Scout Rank

Some of your boys may have already completed the requirements for Scout because they have earned the Arrow of Light. Let these boys help you teach the others and inspire them all to work together to move up in Rank. Scout Rank should be completed by Lesson 2.

Tenderfoot Rank

The Tenderfoot goes from Lesson 1 through Lesson 7. These lesson numbers are not set in stone. Please adapt the lessons to the Troop events and how you see the best way to teach the material.

Second Class

Second Class basically goes from Lesson 8 to Lesson 13. As with Tenderfoot, please adapt the plans to the Troop and Patrol activities. The only requirement that is not included in the lessons is S4. That requirement is a one-hour service project. The service project can be done at any time. It is up to you to be sure they take advantage of Eagle projects or Troop service project opportunities.

First Class

First Class goes from Lesson 14 to Lesson 18. You should know your boys very well by this point and this will finish the First Year Program. Keep up your enthusiasm because these boys are the future leaders of the Troop.

Summary

When they have completed this program they should know the material covered through the ranks. Please look back and give us feedback on how this program can be done better. The adult leaders of Troop 444 look to you for your opinions and we greatly appreciate your hard work.

Lesson 1 - Scout Rank and Introduction to the Troop

Setting: Troop meeting

Time: One hour.

Requirements Worked On: Scout Rank, T4A

Requirements Completed: Scout Rank requirements

Goal: Your goal for this first lesson is to spark their interest, start to make them feel welcome and comfortable with you and the other Scouts, and to have them go home with something signed off in their books.

Materials Needed:

- 5 ft. lengths of 1/4 in. Manila rope for each boy
- Dental floss for whipping both ends of each rope
- Red notebooks ready for each boy
- First Year Program pack ready for each boy

Plan:

- Tie a square knot.
- Have each Scout say their name and tell what Pack they are from.
- Be sure that they all have Scout Handbooks and hand out the red notebooks.
- Explain that the notebooks and Scout Handbooks are a part of their uniform and should be brought to every Scout meeting.
- Explain the use of the notebook and have them put the First Year Program pack in the notebook.
- Teach them how to whip the end of their rope and have them do both ends. Be sure to explain why we whip the ends. (T4A)
- Take a head count of who has the Arrow of Light. These boys have already completed the requirements for the Scout Rank.
- Have them open their Handbooks to the Scout Rank requirements and briefly discuss them. Tell them that they need to be ready to finish the Scout Rank at the next meeting.
- Have them all stand and, making the Scout sign, say the Scout Law and Oath reading from their Handbooks if they need to. Tell them that they need to have both of them memorized for the next meeting.
- The Assistant Scoutmaster will introduce himself and:**
 - Explain how the Class A and Class B uniform should be worn and when to wear it.
 - Explain the Scoutmaster conference and will set up the schedule to give them their conferences for the Scout Rank.
 - Discuss the Child Protection Pamphlet at the beginning of the Scout Handbook.
 - Hand out the yearly Permission slips to be signed by their parents.
 - Ask them to have a signed health history by the next meeting.
 - Have the Boy Scout application finished by the next meeting.
 - Explain that they will choose a Patrol name and yell at the next meeting so that they can introduce themselves to the Troop.
 - Be sure to **sign off the requirements** in their Handbooks.

End of Lesson 1

Lesson 2 - Organizing the Patrol

Setting Troop/ Patrol meeting.

Time: One hour.

Requirements Worked On: Scout Rank, T7, T8, F11

Requirements Completed: Scout Rank, T7

Goal: Your goal for this lesson is to have them all finished with the Scout Rank. They will pick a Patrol name; yell and the first Patrol Leader will be assigned.

Materials Needed:

- Scout Rank badges ready for each Scout.

Plan:

- Have them all stand and recite the Scout Oath and Law.
- Discuss what it means to live by them.
- Have them recite the Scout motto and slogan.
- Discuss what it means to live by them. **Sign off their books.** (T7)
- Have them read the outdoor code from the Scout Handbook.
- Have each boy give you the Scout handclasp and salute.
- Have them open their books to page 10 and discuss the parts of the Scout badge.
- Introduce key leadership in the Troop (SPL, Asst. Scoutmasters, etc.)
- Finish signing off the Scout Rank.**

- During this Troop meeting the Assistant Scoutmaster will:**
 - Complete the Scoutmaster conferences with all of the boys.
 - Collect the notes from the parents saying that they completed going over the Protection Pamphlet.
 - Collect the Boy Scout applications if they have not already been turned in complete.
 - Collect the health history and the yearly Permission Slip signed by their parents.
 - Decide on the Patrol name and yell. After this is done ask them to think about and maybe sketch some flag designs for the next meeting. (T8)
 - The Patrol Leader will be chosen by following the alphabetical list of your Patrol. This boy will serve for one month and then move to the next Scout on the list.
 - The boys will all receive their Scout Badges from the Advancement Coordinator at the end of the meeting.**
 - You will also officially introduce them to the Troop and they will give the Patrol yell.
 - Be sure to congratulate them each personally for completing the Scout Rank.
 - Discuss Demonstrating Scout Spirit, living the Oath and Law. Discuss service hour requirements for 2nd, Recruit requirement F11.

- Sign off their books.**

End of Lesson 2

Lesson 3 - Knots

Setting: Troop / Patrol meeting

Time: One half-hour.

Requirements Worked On: T4A, T4B, T8

Requirements Completed: T4A, T4B

Goal: The goal for this lesson is to start working on Tenderfoot and introduce them to the Advancement Guidelines for rank and merit badges.

Materials Needed:

- They will need their ropes you gave them at Lesson 1.
- Have one 3ft piece of nylon rope for each boy and have matches for fusing.

Plan:

- Teach them how to tie two half hitches and the tautline hitch and explain their uses.
- Have the boys tie them and **sign off their books.** (T4B)
- Review why they whipped their ropes at the first lesson and show them how you fuse the nylon rope.
- Have them fuse their ropes and **sign off their books.** (T4A)
- Using the EDGE method teach another person how to tie the square knot. (T4C)
- Collect the sketches of the possible Patrol Flag. (T8)
- Discuss each one with the Patrol and decide by voting which one they want. (T8)
- Have the Patrol Leader help you in determining how and who will make the flag. Try to get as many of the boys involved as you can. (T8)

- Sign off their books.**

End of Lesson 3

Lesson 4 - Physical Fitness

Setting: Troop meeting.

Time: One half-hour.

Requirements Worked On: T10A, T10B, T12A

Requirements Completed: T10A, T12A

Goal: The goal of this lesson is to continue on the Tenderfoot requirements.

Materials Needed:

Plan:

- Show them the Heimlich maneuver and refer to pages 296 and 297 in the Handbook.
- Have each of them get a buddy and pretend demonstrate the Heimlich. **Sign off their books.** (T12A)
- Have them do the pushups, sit-ups, pull-ups, standing long jump and the ¼ mile walk/run in the parking lot of the church. Be sure they record all of the data on the sheets correctly. **Sign off their books.** (T10A)
- Explain how they will need to keep these records for 30 days and then the full requirement will be complete.
- Sign off their books.**

End of Lesson 4

Lesson 5 - Camping Skills

Setting Troop/ Patrol meeting and campout.

Time: One hour.

Requirements Worked On: T1, T2, T3, T8, T10B, S2

Requirements Completed: T1, T2, T3 (after their first campout), T8

Goal: The goal of this lesson is to continue working on Tenderfoot requirements. This is a very important lesson because they will need this to be prepared for the first campout.

Materials Needed:

- Scout Handbook for reference.
- Dress as if you were going on a hike and bring day and night gear.
- Bring your backpack packed for a weekend campout in summer weather.
- Have a Troop tent available for setting up.
- Have a Patrol box available to show them.
- Have a Duty Roster available to show them how to fill out.

Plan:

- Show them how you packed your backpack and reference the lists in the Scout Handbook.
- Show them how the pack is supposed to fit and let them try yours on to feel the weight.
- Discuss what things you would add for cold weather camping.
- Explain that they will have their packs checked before the first campout that they go on and that they should refer to the Scout Handbook when they are packing to be sure that they have everything.
- Be sure to **sign off their books** only after the first campout or you can have them bring the packs to you at the next meeting to satisfy this requirement. (T1)
- Set up the tent and then have the boys in two or three groups set up, take down and roll the tent up properly. **Sign this off** when they have gone on their first campout. (T2)
- Discuss the proper care of the tents and all troop gear. This is when you should show them the Patrol box and explain how it is used.
- Discuss the Duty Roster and show them how to fill it out. Explain how this is important in following the Patrol Method. **Sign this off** when they have gone on their first campout. (T3)
- Check that they are doing the athletics for T10B.
- The Patrol Flag should be complete and you can **sign off their books**. They can also present it to the Troop. (T8)
- Discuss the principles of Leave No Trace. (S2)
- Sign off their books.**

End of Lesson 5

Lesson 6 - First Aid

Setting Troop/ Patrol meeting.

Time: One half-hour.

Requirements Worked On: T8, T10B, T12A, T12B

Requirements Completed: T8 (if completed), T6, T12B

Goal: The goal of this lesson is to continue working on Tenderfoot requirements.

Materials Needed:

Your own backpacking First Aid kit.

Plan:

- Teach the first aid for the following:
 - Simple cuts and scratches
 - Blisters on the hand and foot
 - Minor burns or scalds (first degree)
 - Bites or stings of insects and ticks
 - Poisonous snakebite
 - Nosebleed
- Sign off their Handbooks.** (T12B)
- Show them what your personal backpacking first aid kit contains and tell them that they will be asked to make one for Second Class.
- Check that they are doing the athletics for T10B.
- Check on the progress of the Patrol Flag. If it is complete you can **sign off their books.** They can also present it to the Troop. (T8)

- Sign off their books.**

End of Lesson 6

Lesson 7 - Flag and Nature

Setting: Troop / Patrol meeting and Hike.

Time: One half-hour.

Requirements Worked On: T5, T6, T8 (if not already complete), T9, T10B, T11, S4

Requirements Completed: T5, T6, T8 (if completed), T9, T10B (if completed), S4

Goal: This lesson plan is to be completed on the first campout with your Patrol. This should complete Tenderfoot.

Materials Needed:

- Bring an American flag with rope to raise and lower it.
- Be sure that there is a flagpole available or you may want to ask the Troop Instructors to prepare a lashed flagpole ahead of time. This will show your Scouts what they will be able to do once they learn more about Pioneering.

Plan:

- Show them how to lower, raise and fold the flag.
- Explain how the flag would be displayed in different situations.
- Have them do a flag ceremony for the Troop in the morning and in the evening. This may be done on a campout. You may also count this as requirement 3 for Second Class. **Sign off their books.** (T6)
- Participate in a flag ceremony for your school, religious institution, chartered organization, community, or troop activity. Explain to your leader what respect is due the flag of the United States. (S4) * If there is not a flag available, have the Scouts go out side and perform the opening saluting the moon.
- Explain the rules of safe hiking and what to do if they are lost. **Sign off their books.** (T5)
- Explain the Buddy system and ask them why they think it's important. **Sign off their books.** (T9)
- Take your Patrol on a hike and try to show them some of the poisonous plants that we have here. This can be done with S1B for Lesson 8 or you can do a separate hike.
- Discuss how to spot them and how to treat them. (T11)
- If this is the seventh lesson the 30 days are up for the athletics. Check their final progress, note their improvement and **sign off their books.** (T10B)
- Check on the progress of the Patrol Flag. If it is complete you can **sign off their books.** They can also present it to the Troop. (T8)
- The Assistant Scoutmaster can set up the schedule for the Scoutmaster Conferences.
- The Scout should then be ready for the next Board of Review Troop meeting.
- Identify local poison plants, tell how to treat them for exposure to them. **Sign off their books.** (T11)
- Sign off their books.**

End of Lesson 7

Lesson 8 - Orienteering

Setting Troop/ Patrol meeting or Camp out.

Time: One half-hour.

Requirements Worked On: S1A, S1B, S6

Requirements Completed: S1A

Goal: This will be the first plan to work on Second Class requirements.

Materials Needed:

- Bring several compasses for each of your patrol members
- A map of a local Forest Preserve
- Measure off and mark 50ft for finding their pace

Plan:

- Show them how a compass works. (S1A)
- Orient the map. (S1A)
- Work with them outside to find their pace and to work with different compass coordinates and distances.
- Plan where you will take the 5-mile hike either with the Troop, other patrols or as a Patrol activity on your own. (S1B) - If you are on a campout you may be able to do the hike now.
- On the hike, look for signs of 10 kinds of wild animals. Show them where to look and how to identify the animals. (S6)
- Sign off their books.**

End of Lesson 8

Lesson 9 - Camping Skills, Totin' Chip and Fires

Setting: Troop / Patrol Campout

Time: Weekend Campout.

Requirements Worked On: S3A, S3B, S3C, S3D, S3E, S3F

Requirements Completed: S3A, S3B, S3C, S3D, S3F

Goal: This plan will be done on a campout either with the Troop or with your Patrol separately.

Materials Needed:

- Your patrol should bring their knives and sharpening stones if they have them.
- An Ax and Saw
- Sharpening file
- Matches and flint and steel
- Totin' Chip cards for each of your patrol
- Patrol box camp stove
- Backpacking stove

Plan:

- Have them keep a record of the campouts and Troop outings they attend. (S3A)
- When you arrive at the camp ground help them decide what areas would be good patrol campsites and set up camp. On one of these campouts, help them select their patrol site and sleep in a tent that you pitched. Explain what factors you should consider when choosing a patrol site and where to pitch a tent. (S3B)
- Teach them the Totin' Chip and have your Assistant Scoutmaster or another Assistant Scoutmaster **sign off their cards.** (S3C)
- Discuss stove and fire safety. Ask them when it is appropriate to use a stove or a cooking fire. Discuss when it is appropriate to use a cooking fire and a lightweight stove. Discuss the safety procedures for using both. (3E)
- Teach them the different kinds of fires and how to build them. (S3D) Have them light the fire. (S3F)
- Teach them how to set up the patrol box camp stove and lanterns. Show them how to light the camp stove, lantern and a backpacking stove. (S3F)
- Have each of them build a cooking fire and assist with different meals during the campout. (S3G)
- Sign off their books.**

End of Lesson 9

Lesson 10 - Nature

Setting: Troop / Patrol Campout or meeting

Time: One half hour

Requirements Worked On: S6, F6

Requirements Completed: S6, F6

Goal: This can make them aware of the nature around them.

Materials Needed:

- Have your own list prepared for requirement S6
- Nature books showing animals in this area (use Troop Librarian for a resource)

Plan:

- Take them outside and spot the animals in that area - at least 10 kinds of wild animals. (S6)
- Discuss your list with them and have them tell you about other animals they may find in this area. Use the Scout Handbook or other nature books to identify the animals. (S6)
- Identify or show evidence of a least ten kinds of native plants found in your community. (F6)
- Sign off requirement S6 and F6.**

End of Lesson 10

Lesson 11 - CPR and Hurry Cases

Setting: Troop / Patrol meeting

Time: One half hour

Requirements Worked On: T12A, S7A, F8D

Requirements Completed: S7A, F8D

Goal: This lesson is very important and there is a lot of information to go over. You may want to make up your own written test that they can complete at the end of the lesson.

Materials Needed:

- Scout Handbook for reference.
- A CPR dummy if possible. Check with your Assistant Scoutmaster for help in getting access to one ahead of time.

Plan:

- Go through the hurry cases in the Scout Handbook and have them all do the treatments on the CPR dummy or simulate with one of your Scouts. (S7A) Review the Heimlich maneuver.
- Sign off S7A.**
- Have them explain the five most common signs of heart attack and perform CPR on the dummy or simulate with one of your Scouts. **Sign off their books.** (F8D)
- Sign off their books.**

End of Lesson 11

Lesson 12 - First Aid

Setting: Troop / Patrol meeting

Time: One half hour

Requirements Worked On: S7B, S7C

Requirements Completed: S7C

Goal: Complete the first aid portion of Second Class.

Materials Needed:

- Blankets for treating for shock
- Be sure they all have their neckerchiefs for first aid bandaging

Plan:

- Teach first aid for the following: (S7C)
- Object in the eye.
- Bite of a suspected rabid animal.
- Puncture wounds from a splinter, nail, and fish hook.
- Serious burns (second degree).
- Heat exhaustion.
- Shock.
- Have them demonstrate what you just taught and **sign off their books.** (S7C)
- Ask them to prepare a backpacking first aid kit for the next meeting. (S7B)
- Sign off their books.**

End of Lesson 12

Lesson 13 - Drugs, Alcohol and Tobacco and Budgets

Setting: Troop/Patrol Meeting

Time: One half hour

Requirements Worked On: S9A, S9B, S10

Requirements Completed: S7B, S9A, S9B

Goal: Complete the Drugs, Alcohol and Tobacco program requirements for Second Class.

Materials Needed:

- Arrange for a local community leader to come to the meeting to present the material. This may be a police officer, a nurse, a guidance counselor, etc.
- Form letters for the boys to have their parents sign.

Plan:

- Introduce the guest speaker.
- Explain how they should discuss requirement S9A and S9B with their family and bring a letter signed saying that they did this to the next meeting.
- Prepare a personal first aid kit to take with you on a hike. **Sign off on S7B**
- Earn an amount of money agreed upon by you and your parent, then save at least 50 percent of that money. Have parent sign off that you completed this requirement. (S10)

End of Lesson 13

Lesson 14 - Aquatics

Setting: Summer Camp

Time: One half hour

Requirements Worked On: S7B, S8A, S8B, S8C, F9A, F9B, F9C

Requirements Completed: S7B, S8A, F9A

S8B, S8C, F9B, F9C, F9D (signed by counselor or lifeguard)

Goal: These are the last requirements for Second Class.

Materials Needed:

- Have Safe Swim Defense and Safety Afloat literature to discuss. Your Assistant Scoutmaster can help you with that.

Plan:

- Have them show you the backpacking first aid kits and **sign off their books.** (S7B)
- Teach them Safe Swim Defense and **sign off their books.** (S8A)
- Teach them Safety Afloat and **sign off their books.** (F9A)
- They will need to do all of the swimming requirements at summer camp or by arrangement with a community pool. (S8B, S8C, F9B, F9C)
- When all of this is finished and they have completed the service project (S5), have your Assistant Scoutmaster set up a schedule for the Scoutmaster Conferences. He will sign off the Scout Spirit requirement (S11).

End of Lesson 14

Lesson 15 - Orienteering

Setting: Troop / Patrol campout or meeting

Time: One half hour

Requirements Worked On: F1, F2, F3

Requirements Completed: F1, F2 (when completed), F3 (when completed)

Goal: This is the beginning of First Class.

Materials Needed:

- Compasses for each boy in your Patrol.

Plan:

- Discuss finding directions at night without using a compass and **sign off their books**. (F1)
- Plan where your Patrol can complete the 1-mile compass course. (F2)
- Show them how to measure the height of trees, flag poles, etc. and have them do a few. **Sign off their books** after they have completed the 1-mile course.
- Make sure they continue to update their troop / patrol activities list so that you can **sign off their books** when the 10 activities are completed.
- Since joining, have participated in 10 separate troop/patrol activities (other than troop/patrol meetings), three of which included camping overnight. Demonstrate the principles of Leave No Trace on these outings (F3).

End of Lesson 15

Lesson 16 - Cooking

Setting: Troop / Patrol meeting and campout

Time: 1 hour planning and weekend campout

Requirements Worked On: F4A, F4B, F4C, F4D, F4E, F6

Requirements Completed: F4A, F4B (when completed), F4C (when completed), F4D, F4E (when completed), F6

Goal: This lesson should be completed on a campout.

Materials Needed:

- Scout Handbook for reference.
- Menu planner form.

Plan:

- Show them a menu planner and how to fill it out.
- Have them prepare a menu ahead of time for a weekend campout. (F4A)
- Utilize the Scout Handbook for menu selection and making a duty roster. (F4A)
- Discuss with them the safe handling of perishable foods. Tell them how to properly dispose of camp garbage. (F4D)
- Be sure that each boy takes a turn at being grubmaster (F4B) and cook (F4C).
- Be sure that each boy says grace, builds a cooking fire, cooks (both head and assistant), and cleans up. (F4E)
- Take them on a nature hike and identify 10 native plants to that area. (F6)
- Sign off their books** for F4A, F4D and F6, then when they have served as grubmaster and cook, F4B, F4C

End of Lesson 16

Lesson 17 - Pioneering

Setting: Troop / Patrol campout or meeting

Time: One half hour

Requirements Worked On: F5, F7A, F7B,

Requirements Completed: F7A, F7B

Goal: This lesson is important because they learn pioneering skills.

Materials Needed:

- Scout Handbook for reference.
- Pioneering poles (2 sets)
- Rope (1/4 in or 3/8 in manila preferred)

Plan:

- Discuss F5 and ask them to pick a teacher or other adult that they would like to complete this requirement with. (F5)
- Discuss lashings and when to use them. (F7A)
- Show them and have them tie the timber and clove hitches. (F7B)
- Show and have them demonstrate the square, shear and diagonal lashings. (F7B)
- Sign off** F7A, F7B.
- Show them examples of several camp gadgets. Have each of them pick a camp gadget and they can either bring them to you at the next meeting or complete it on the next campout. (F7B)
- Sign off** S7C when it is completed.

End of Lesson 17

Lesson 18 - Citizenship

Setting: Troop/Patrol Meeting

Time: One half hour

Requirements Worked On: F5

Requirements Completed: F5

Goal: Complete the Citizenship requirement for First Class.

Materials Needed:

- Arrange for a local community leader to come to the meeting to present the material. This may be an elected official, judge, attorney, civil servant, principal, teacher, etc.

Plan:

- Introduce the guest speaker.
- Sign off** F5.

End of Lesson 18

Lesson 19 - Rescue Knots

Setting: Troop / Patrol meeting

Time: One half hour

Requirements Worked On: F8A, F8C

Requirements Completed: F8A, F8C

Goal: You will be teaching some rescue methods in this lesson.

Materials Needed:

- Scout Handbook for reference.
- Rope (1/4 in or 3/8 in manila preferred)

Plan:

- Show and have them tie the bowline. (F8A)
- Discuss several ways it can be used. **Sign off their books.** (F8A)
- Show and have them demonstrate the different transport rescues in the handbook. **Sign off their books.** (F8C)

End of Lesson 19

Lesson 20 - First Aid

Setting: Troop / Patrol meeting

Time: One half hour

Requirements Worked On: F8B

Requirements Completed: F8B

Goal: These are the last First Class requirements.

Materials Needed:

- Scout Handbook for reference.

Plan:

- Show and have them demonstrate the bandages on the head, upper arm, collarbone and ankle using their neckerchiefs. **Sign off their books.** (F8B)
- Set up times with your Coach for Scoutmaster Conferences and have them ready for next Board of Review Troop meeting.

End of Lesson 20

Troop 444 - First Year Program

Schedule of Requirement Completion

Scout Rank	Lesson 1, 2	S7a	Lesson 11
T1	Lesson 5	S7b	Lesson 12, 13, 14
T2	Lesson 5	S7c	Lesson 12
T3	Lesson 5	S8a	Lesson 14 & Summer Camp
T4a	Lesson 1, 3	S8b	Lesson 14 & Summer Camp
T4b	Lesson 3	S8c	Lesson 14 & Summer Camp
T4c	Lesson 3	S9a	Lesson 13 & On your own
T5	Lesson 7	S9b	Lesson 13 & On your own
T6	Lesson 7	S10	Lesson 13 & On your own
T7	Lesson 2	F1	Lesson 15 & On your own
T8	Lesson 2, 5, 6	F2	Lesson 15 & On your own
T9	Lesson 7	F3	Lesson 15 & On your own
T10a	Lesson 4	F4a	Lesson 16
T10b	Lesson 6, 7	F4b	Lesson 16
T11	Lesson 7	F4c	Lesson 16
T12a	Lesson 4	F4d	Lesson 16
T12b	Lesson 6	F4e	Lesson 16 or TBD
T13	On your own	F5	Lesson 18
S1a	Lesson 8	F6	Lesson 10, 16
S1b	Lesson 7 or your own	F7a	Lesson 17
S2	Lesson 5	F7b	Lesson 17
S3a	Lesson 9 or your own	F8a	Lesson 19
S3b	Lesson 9	F8b	Lesson 20
S3c	Lesson 9	F8c	Lesson 19
S3d	Lesson 9	F8d	Lesson 11
S3e	Lesson 9	F9a	Lesson 14
S3f	Lesson 9	F9b	Summer Camp
S3g	Lesson 9	F9c	Summer Camp
S4	Lesson 7	F10	On your own
S5	On your own	F11	Lesson 2 and on your own
S6	Lesson 8, 10		