

<p>Instructor Training Aids and References Laser Ed guns, Targets, Student manual, HE Tools, sight alignment illustrations, various types of sights, shooting sticks, this lesson plan</p> <p>TIME PERIOD (APPROXIMATELY): 30 minutes</p>	<p>TYPE OF LESSON</p> <p><input checked="" type="checkbox"/> E.D.O.C.</p> <p><input type="checkbox"/> LECTURE</p> <p><input type="checkbox"/> DISCUSSION</p> <p><input type="checkbox"/> PRACTICAL</p>
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<p>OBJECTIVE(S) For each student to:</p> <ul style="list-style-type: none"> • Demonstrate safe handling of firearms during the entire course by using TAB – K methods • Learn proper sight alignment with open, aperture/peep, telescopic, and red dot sights. • Learn the standard shooting positions of standing, kneeling, sitting and prone

LESSON OUTLINE	ITEMS NEEDED
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<p><u>EDUCATE</u></p> <ul style="list-style-type: none"> • Sight alignment is one of the most important parts for shooting accuracy. • Sights must be aligned exactly the same for each shot for consistent accuracy • Shooting position selection is based primarily on terrain and type of game being hunted. • Shooting positions vary on stability and stability equals accuracy. • Students need to practice sight alignment and all the shooting positions to improve accuracy. <p><u>DEMONSTRATE:</u></p> <ol style="list-style-type: none"> 1. Show the proper sight alignment for open, aperture/peep, telescopic, and red dot. <ol style="list-style-type: none"> a. Show correct and incorrect sight alignment b. Precise sight alignment is critical! 2. Using a Laser Ed gun, or other training aid, demonstrate correct and incorrect sight alignment on target 3. Using a Laser Ed gun, demonstrate the 4 shooting position while aiming at a target. Comment on how the laser point is most steady in the prone and least steady when standing. <p>Prone Position: Provides the best control, most stable = most accurate shooting</p> <ul style="list-style-type: none"> • Lie on a mat that is canted slightly (about 45 degrees) towards the target • Place both elbows on the mat making sure the elbow under the firearm is directly underneath the forearm. • Advise that the strong side leg should either be straight or cocked slightly • Rifle resting on the palm of the weak side hand • Cheek firmly against the stock <p>Sitting Position: Both elbows on both knees is comfortable and very steady:</p> <ul style="list-style-type: none"> • Sit on the mat canted slightly away from the target • Place both elbows on the inside of each knee respectively • Feet can be apart / or legs can be crossed. Right handed shooters have the left leg over the right and visa versa for left handed shooters • Rifle resting on the palm of the weak side hand • Cheek firmly against the stock 	<p>HE Tools, student manual, illustrations, Laser Ed gun</p>
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<p>Kneeling Position: Leaves the shooting arm and elbow unsupported, making it less steady than prone or sitting:</p> <ul style="list-style-type: none"> • Strong side knee placed on the mat with body slightly canted away from the target • Weak side foot placed flat on the ground in front of body • Weak side elbow (flat part) placed slightly forward of the knee-cap • Strong side elbow positioned for balance • Rifle resting on the palm of the weak side hand • Cheek firmly against the stock <p>Standing Position: The least stable shooting position = least accurate shooting. Using shooting sticks can greatly increase the stability of this position.</p> <ul style="list-style-type: none"> • Body canted slightly away from the target • Feet about shoulder width apart • Weak side elbow underneath the forearm • Rifle resting on the palm of the weak side hand • Strong side elbow almost parallel with the ground • Buttstock firmly against the shoulder and slightly high in the shoulder pocket • Cheek firmly against the stock <p><u>OBSERVE:</u></p> <p>Have each student shoot the Laser Ed gun at a target(s) using the 4 shooting positions described above. An instructor will mentor each student in this lesson.</p> <ol style="list-style-type: none"> 1. Students will have the Actions Open, Safety On, Fingers outside the trigger guard when receiving a firearm. 2. Students will have the Actions Closed Safety On, Fingers outside the trigger guard until ready to shoot while participating in this sight alignment and shooting positions lesson. <ul style="list-style-type: none"> • Instructors watch for muzzle control. 3. The instructors will be coaching for proper shooting positions and that the instructors may need to touch the students to aid the student into that proper shooting position. <ul style="list-style-type: none"> • Instructors – Improper touching of students is not tolerated. • Instructors inform the student prior to touching if necessary to coach into proper shooting position. • Never be alone with a student! 4. Students will perform the 4 shooting positions using proper sight alignment. <ul style="list-style-type: none"> • Instructors coach for proper shooting positioning. • Instructors use students’ “shot” placement to coach for proper sight alignment. • Instructors will comment to the students on how the laser point is most steady in the prone position and least steady when standing. <p>Each student will open the action and put the safety on before passing the gun to the next student.</p> <p><u>CONGRATULATE:</u> Give praise throughout and also at the conclusion to the entire group. Reinforce to the group that while the standing position is commonly used for shooting a rifle, it is the least stable. As a shooter gets closer to the ground the more stable their shooting platform becomes.</p>	<p>Shooting Sticks</p> <p>Laser Ed guns Targets</p>
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