

Alaskans Afield Riflery Lesson Plan

June 27, 2015

10:00 AM to 1:30 PM

Starting Location: Classroom - United Methodist Church of Chugiak (Upstairs)

10:00 Welcome, Introductions

10:10 Safety Lecture – Mark Burch

- Always keep the gun pointed in a safe direction.
 - Define safe directions (not down when upstairs)
 - Be AWARE!
- Always keep your finger off the trigger until ready to shoot.
- Always keep the gun unloaded until ready to use.
- Demonstrate safely handing off and receiving a rifle.

10:20 Hands on Practical, small groups of up to four participants.

Ammunition – Burch

- Cartridge (case, primer, powder, bullet)
- Matching rifle to ammo box and cartridge
- Selection, calibers, types of bullets
- Malfunctions (misfire, hang-fire, squib)

Action Type hands on exercise:

For each action type (with **dummy ammo only**):

- Demonstrate: Safely loading, unloading
- Have each participant receive, load, unload, and hand off the rifle.

Semi-Automatic Rifle – AR 15 – Ron (Flash) Fleischhacker

Bolt Action – Mark Friest

Lever – TBD

11:00 Travel to Birchwood Recreation and Shooting Park

Live Fire Location: Birchwood Recreation and Shooting Park

11:30 Range Safety Briefing - Burch

- In case of an emergency
- Review three rules and define safe direction
- Be sure all shots impact backstop.
- Stay behind the firing line until told to go forward
- Anyone can call a cease fire!
- Only the RSO (Burch) can call the line hot
- Moving rifles on range – two hand carry pointed up
- Review ammunition malfunctions
- Eye and Ear protection
- Range Commands

11:45 Fundamentals, position, sight picture, breath control, trigger control, follow-through - Burch

11:55 Live Fire Exercises, Prone, Standing, Sitting, and Kneeling

- Demonstrate each position - Burch
- Describe position and variations - Flash
- Live Fire – For each position
 - Test position unloaded
 - Coach and Pupil Method, each instructor assists two shooters (pupils)
 - Instructors provide coaches with 5 rounds
 - When cleared to fire, coaches provide pupils with 1 round at a time.[Start out with paper targets, talk about sight adjustments while looking at targets. Transition to fun exploding (clay) targets.]

1:20 Opportunities for continued training and participation

- Online videos (be selective!)
- Competition (Schools, MVS, ARC, Borealis, BRSP steel, Rabbit Creek)
- Special Events – Appleseed
- Hunting and plinking

1:30 Evaluation and Close