**RANCHO ALEGRE**

**TRAIL TO FIRST CLASS**

**LESSON PLANS**

**NEW REQUIREMENTS - 2016**

**TRAIL TO FIRST CLASS: AREA REQUIREMENTS:**

***On Days 1, 2, and 3 Scouts will be divided into three groups in which they will be rotated between First Aid, Swimming, and Nature. This will make for smaller groups and ample time for demonstration of each requirement***

**Day 1, 2 or 3: First Aid**:

* Tenderfoot Requirements 4abc; For requirement 4d, identify minimal items in First Aid Kit. If they present a kit that meets these requirements, you can sign it off.
* Second Class Requirements 6abcde
* *First Class Requirements not covered here; done in TFC-First Class.*

**Day 1, 2, or 3 - Swimming--**

* Second Class requirements 5abcd. If they passed the swimming requirement during swim check, you may sign requirement 5b off **without** having to re-demonstrate here.
* First Class requirements 6abcde. Requirement 6a is a repeat of second class requirement 5b.

**Day 1,2, or 3--NATURE--**

* Tenderfoot requirements 4b (Nature item) is covered during First Aid element.
* Second Class requirement 4 (suggest you have pictures of each of at least ten local animal
* First Class Requirement 5abcd. Again have pictures of 10 local plants for 5a.

**Day 4 - NAVIGATION and Follow-up**

* In preparation for the Friday all morning hike to fulfill Second Class Requirement 5b hike, do Second Class Requirements 3acd.
* Use any remaining time for Scouts to complete any outstanding requirements

**Day 5--NAVIGATION (Hike):**

* Period 1 and 2 Five Mile Orienteering Hike to complete Second Class Requirement 3b.
* Before the hike reiterate Tenderfoot requirements 5abc on Buddy System, hiking protocol and what to do if lost.

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**TRAIL TO FIRST CLASS: TENDERFOOT REQUIREMENTS:**

**Day 1 - Citizenship**

* Review Tenderfoot Requirements
* Do Second Class Requirement 8ab.
* Do Tenderfoot Req. 7a so that Scouts can do Morning or Evening Flags
* *If Scout is also in TFC-Second Class, they can do Knot Tying or Physical Fitness testing.*

**Day 2--Tools (Knots, Knives, etc)**

* Tenderfoot Req. 3abcd **and** Scout Req. 4ab and 5 (basically Tote N Chit)

**Day 3--Physical Fitness--**

* Tenderfoot requirements 6abc. If this is initial assessment only record the number performed. If this is the 30 day completion, counselor can sign off the requirements.
* If Scout is already signed off on this requirement they can continue with Second Class requirements 7abc.

**Day 4 - Camping and Outdoor Ethics--AND Cooking**

Requirements 1abc.

* Review what should be packed for Req. 1A
* Review picking camp location for Req. 1B
* Review Outdoor Code as it applies to a campout or outing.

Requirement 2abc

* Explain healthy eating on the trail
* Making a fire for cooking
* Sanitation both in transport of food and cleaning pots and utensils
* Patrol spirit (2c) during planning meals, preparing dishes, and eating together. Importance of religious grace

**Day 5 - HIKING and Follow-up**

* Tenderfoot Requirements 5abc
* Allow Scouts to complete anything above that they didn't get done.

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**NEW REQUIREMENTS - 2016**

**TRAIL TO FIRST CLASS: SECOND CLASS REQUIREMENTS**

**Day 1 - Citizenship**

* Review Tenderfoot Requirements
* Do Second Class Requirement 8ab.
* Do Second Class Requirement 8ab so that Scouts can do Morning or Evening Flags

*IF large class size, divide participants into two equal groups and rotate Days 2 and 3 so that Scouts can amply demonstrate material:*

**Day 2--Cooking and Tools**

* Do Second Class Requirements 2abcd which refer to Cooking
* Review My Plate as it applies to Req. 2e
* Do Second Class Requirements 2fg which cover sheet bend and bowline knots.

**Day 3-Fitness-**

* Do Requirements 7ab **OR**
* Do Requirement 4 on Nature for those not in TFC-Area.

**Day 4--Navigation**

* Do Second Class Requirements 3cd in preparation for morning hike on Day 5
* Allow Scouts to work on any Second Class Requirement if sufficient time. Scouts not in TFC-Area may wish to do First Aid .

**Day 5--NAVIGATION (Hike):**

* Period 1 and 2 Five Mile Orienteering Hike to complete Second Class Requirement 3b.
* Before the hike reiterate Tenderfoot requirements 5abc on Buddy System, hiking protocol and what to do if lost.

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**TRAIL TO FIRST CLASS: FIRST CLASS REQUIREMENTS**

**Day 1 - Camping and Outdoor Ethic AND TOOLS**

* *Scoutmaster should sign off on Requirement 1a*
* Do Requirement 1b on Outdoor Ethic.
* Do Requirements 3abcd

**Day 2 - Cooking**

* Do Requirements 2abcd.
* Explain Requirement 2e.

*If this is a large class, you can divide group into two equal size groups and rotate Days 3 and 4 so that each Scout can amply demonstrate material.*

**Day 3--First Aid**

* Do Requirements 7abcf
* Explain Requirements 7de

**Day 4--Navigation**

* Do Requirements 4ab

**Day 5 - Follow-up**

* Allow Scouts to work on any Requirement requiring additional work
* For those not in TFC-Area, offer, First Class Nature Requirements 5abcd

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**NEW REQUIREMENTS - 2016**

**Monday thru Tuesday - Period 5**

* Computers and instructor will be available in the Dining Hall for Scouts wanting to earn the Cyber-Chip which is a requirement for Scout Rank and Star Rank.

**Wednesday and Thursday--Period 5**

* A two day DARE type program will be offered in the Dining Hall as required in Second Class Requirement 7c. Participants must attend both Wednesday and Thursday. Certificates of completion will be issued. Scout still needs to discuss material learned with Scoutmaster and/or family
* Also Covers Second Class Requirements 9a and 9b