

**NRA
FIRST Steps
RIFLE
ORIENTATION**

**INSTRUCTOR'S
LESSON PLANS**

**BOY SCOUTS OF AMERICA
RIFLE SHOOTING
MERIT BADGE TEACHING GUIDE**

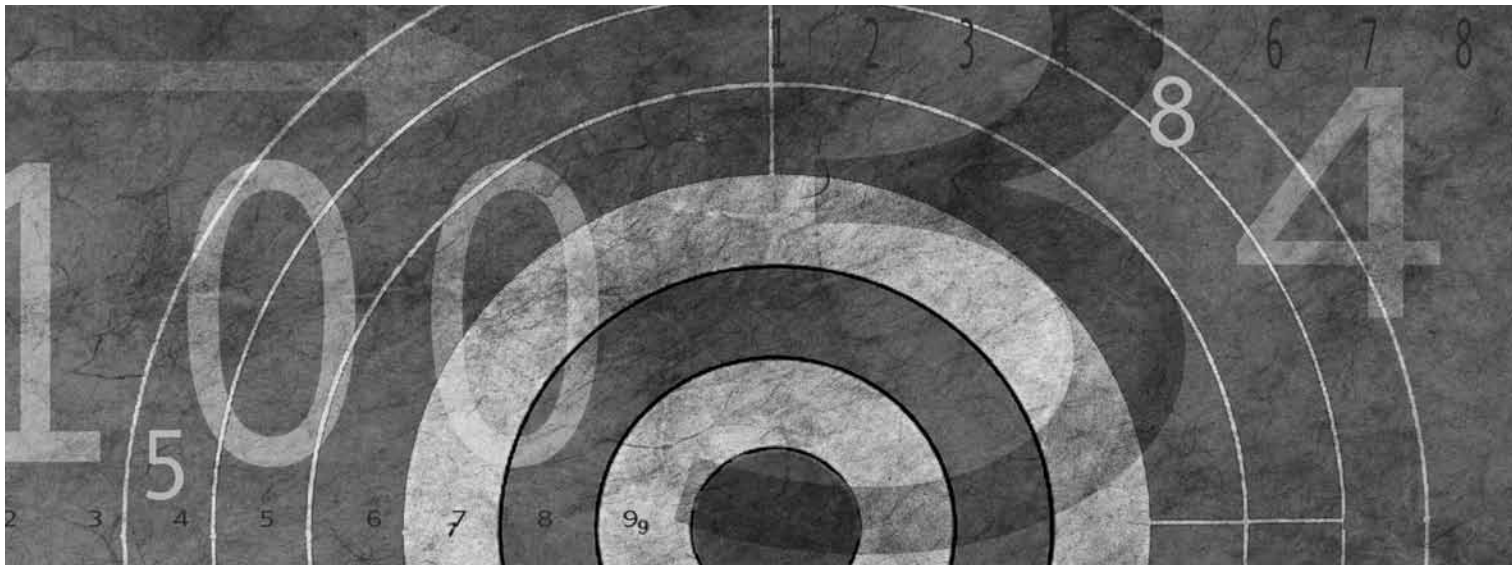
**NRA FIRST Steps Firearm Instruction, Responsibility, and Safety Training Program
First Edition**

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INTRODUCTION

The certified NRA rifle instructor who is serving as the merit badge counselor will need the following reference materials:

NRA FIRST Steps Rifle and Orientation Lesson Plans, No. 13212-1/2009, and BSA *Rifle Shooting* merit badge pamphlet, No. 35492.

The purpose of this manual is to integrate the BSA *Rifle Shooting* merit badge pamphlet with the NRA FIRST (Firearm Introduction, Responsibility and Safety Training) Steps Rifle Orientation Lesson Plans to allow those NRA certified rifle instructors who teach according to this manual to accumulate the five courses and a total of 25 students required to be eligible to attend an NRA Training Counselor Workshop.

In teaching the Rifle Shooting merit badge, the counselor/instructor must:

1. Follow the NRA FIRST Steps Rifle Orientation Lesson Plans, adding the BSA merit badge requirements as noted. This outline applies **ONLY** to Merit Badge Option A—Modern cartridge type.
2. Reference **BOTH** the BSA *Rifle Shooting* merit badge pamphlet and the NRA FIRST Steps Rifle Orientation Lesson Plans to complete the Training Counselor Workshop eligibility requirement.

NOTE: There are a few requirements of the Rifle Shooting merit badge that are not covered in the NRA FIRST Steps Rifle Orientation Lesson Plans which must be supplemented accordingly.

Each Scout should have his own copy of the BSA *Rifle Shooting* merit badge pamphlet.

Day 1

Lesson I. Introduction to Rifle Safety, Parts, and Operation—2 Hours

Paragraph A. Orientation—5 minutes

Step 1: Ask Scouts to fill out the Merit Badge Record Card or council-furnished documentation.

Steps 2–9: Follow the NRA FIRST Steps Lesson Plans.

Step 10: Distribute the BSA *Rifle Shooting* merit badge pamphlet instead of the NRA FIRST Steps Rifle Book. Distribute a Merit Badge Worksheet to each student.

Paragraph B. Introduce Lesson—10 minutes

Follow the NRA FIRST Steps Lesson Plan.

Paragraph C. Rifle Safety—10 minutes

Steps 1–2: Follow the NRA FIRST Steps Lesson Plan.

Step 3: Teach the NRA's Three Fundamental Rules for Safe Gun Handling.

BSA Requirement 2b.

Identify and demonstrate the three fundamental rules for safe gun handling.

*Refer Scouts to *Rifle Shooting* merit badge pamphlet page 17, “Fundamental Rules for Safe Gun Handling,” and use NRA FIRST Steps Rule 3.

Teach BSA *Rifle Shooting* merit badge pamphlet page 4 requirements 1a and b.—5 minutes

Note: These requirements are not found in the FIRST Steps Rifle Lesson Plan. Teach these requirements prior to continuing with the FIRST Steps Rifle Lesson Plan to paragraph D. *Safe Rifle Handling Practical Exercise* listed below.

BSA Requirement 1a.

Explain why BB and pellet air guns must always be treated with the same respect as firearms.

*Refer Scouts to *Rifle Shooting* merit badge pamphlet page 26, “Air Rifles.”

BSA Requirement 1b.

Describe how you would react if a friend visiting your home asked to see your or your family's firearm(s).

*Refer Scouts to *Rifle Shooting* merit badge pamphlet page 18, “Store guns so they are not accessible to unauthorized persons.”

Paragraph D. Safe Rifle Handling Practical Exercise—15 minutes

Follow the NRA FIRST Steps Lesson Plan.

BSA Requirement 2b.

Identify and demonstrate the three fundamental rules for safe gun handling.

*Refer Scouts to *Rifle Shooting* merit badge pamphlet page 17, “Fundamental Rules for Safe Gun Handling.”

Paragraph E. Rifle Parts: Major Components—5 minutes

Steps 1–3: Teach from the box below.

BSA Requirement 2a.

Identify the three main parts of a rifle, and tell how they function.

*Refer Scouts to *Rifle Shooting* merit badge pamphlet page 8 plus diagram.

Paragraph F. Rifle Parts—15 minutes
Teach as written in the NRA First Steps Lesson Plan.

BSA Requirement 2a.

Identify the three main parts of a rifle, and tell how they function.

*Refer Scouts to *Rifle Shooting* merit badge pamphlet page 9 plus diagram.

Paragraph G. Skipped in FIRST Steps Book (No info)

Paragraph H. Rifle Parts: Review—5 minutes
Follow the NRA FIRST Steps Lesson Plan.

Paragraph I. Rifle Operation—5 minutes
Steps 1: loading; 2: unloading. Follow the NRA FIRST Steps Lesson Plan.

Paragraph J. Rifle Operation Practical Exercise—15 minutes
Follow the NRA FIRST Steps Lesson Plan.

Assessment shooting (5 rounds) Minimal coaching—focus on safety—25 minutes

Paragraph K. Conclude Lesson—5 minutes
Steps 1–3: Follow the NRA FIRST Steps Lesson Plan.

Day 2

Lesson II. Introduction to Ammunition and the Fundamentals of Rifle Shooting—2 Hours

Paragraph A. Introduce Lesson—5 minutes
Follow the NRA FIRST Steps Lesson Plan.

Paragraph B. Rifle Ammunition—5 minutes
1. Ammunition compatibility

BSA Requirement 2c.

Identify the two types of cartridges, their parts, and how they function.

*Refer Scouts to *Rifle Shooting* merit badge pamphlet pages 33–34, “Ammunition.”

Paragraph B. Rifle Ammunition—15 minutes
2. Cartridge malfunction

BSA Requirement 2d.

Explain to your counselor what a misfire, hangfire, and squib fire are, and explain the procedures to follow in response to each.

*Reference *Rifle Shooting* merit badge pamphlet page 35, “Malfunctions.”

Paragraph C. Determining the Dominant Eye—10 minutes
Follow the NRA FIRST Steps Lesson Plan.

*Reference *Rifle Shooting* merit badge pamphlet, pages 36–37.

Paragraph D. Shooting Position—15 minutes
Steps a and b

Paragraph E. Fundamentals of Firing a Shot—25 minutes
Follow the NRA FIRST Steps Lesson Plan.

BSA Requirement 2e.

Identify and demonstrate the five fundamentals of shooting a rifle safely.

*Reference *Rifle Shooting* merit badge pamphlet pages 36–41, “Rifle Shooting Fundamentals.”

Follow up shooting—minimal coaching—focus on safety—40 minutes

Paragraph F. Conclude Lesson—5 minutes

Day 3

Lesson III. Introduction to Rifle Shooting From the Benchrest Position—2 Hours

Paragraph A. Introduce Lesson—5 minutes
Follow the NRA FIRST Steps Lesson Plan.

Paragraph B. Range Safety and Shooting Facility Orientation—10 minutes
Teach Steps 1–4 as written in the NRA FIRST Steps Lesson Plan.

Paragraph C. Rules for Safe Shooting—10 minutes

BSA Requirement 2f.

Identify and explain each rule for safe shooting.

BSA Requirement 1c.

Explain the need for, and use and types of, eye and hearing protection.

*Reference *Rifle Shooting* merit badge pamphlet pages 16–18, “Gun Safety.”

Paragraph D. Preparation for Shooting Exercises—10 minutes
Follow the NRA FIRST Steps Lesson Plan.

Paragraph E. Shooting From the Benchrest Position—75 minutes

BSA Requirement 2g.

Demonstrate the knowledge, skills, and attitude necessary to safely shoot a rifle from the benchrest position or supported prone position while using the five fundamentals of rifle shooting.

*Reference *Rifle Shooting* merit badge pamphlet pages 36–41, “Rifle Shooting Fundamentals,” and pages 51–54, “Firing Your First Shots.”

Note: Follow BSA *Rifle Shooting* merit badge pamphlet page 5 requirements 2k and 2l. The requirements are listed below along with references to teach from. **These requirements are not found in the FIRST Steps Rifle Lesson Plan.** Teach these requirements prior to continuing with the NRA FIRST Steps Rifle Lesson Plan, Paragraph F: Conclude Lesson.

BSA Requirement 2k.

Using a .22 caliber rimfire rifle and shooting from a benchrest or supported prone position at 50 feet, fire five groups (three shots per group) that can be covered by a quarter. Using these targets, explain how to adjust sights to zero a rifle.

BSA Requirement 2l.

Adjust sights to center the group on the target and fire five groups (five shots per group). According to the target used, each shot in the group must meet the following score: (1) A-32 targets—9; (2) A-17 or TQ-1 targets—7; (3) A-36 targets—5.

Editor’s Note: The second Paragraph E. Review of Shooting Practice is a printing error. Re-letter the paragraph to read “F,” and change Paragraph F. Conclude Lesson to read “G.”

Paragraph F. Review of Shooting Practice—5 minutes
Follow the NRA FIRST Steps Lesson Plan.

Paragraph G. Conclude Lesson—5 minutes
Follow the NRA FIRST Steps Lesson Plan.

Day 4

Lesson IV. Introduction to Rifle Cleaning, Storage, and Training Opportunities—2 Hours

Paragraph A. Introduce Lesson—5 minutes
Follow the NRA FIRST Steps Lesson Plan.

Paragraph B. Cleaning a Rifle—40 minutes
Follow steps 1–3 as written.

BSA Requirement 2h.

Identify the basic safety rules for cleaning a rifle, and identify the materials needed.

*Reference *Rifle Shooting* merit badge pamphlet page 30, “Cleaning Your Rifle.”

Teach step 4 Practical Exercise as written below.

BSA Requirement 2i.

Demonstrate how to clean a rifle properly and safely.

*Reference *Rifle Shooting* merit badge pamphlet pages 30–31, “Steps in Cleaning.”

Paragraph C. Hygienic Guidelines Following Exposure to Airborne Particulate Lead or Cleaning Solvent Residue—5 minutes
Follow the NRA FIRST Steps Lesson Plan.

BSA Requirement 1h.

Explain to your counselor the proper hygienic guidelines used in shooting.

*Reference *Rifle Shooting* merit badge pamphlet page 55, “Shooting Hygiene.”

Paragraph D. Storing a Rifle—5 minutes
Teach steps 1–2 as written.

Teach merit badge requirement 2j about selecting a rifle.

Note: The requirement is listed below along with a reference to teach from. **This requirement is not found in the FIRST Steps Rifle Lesson Plan.** Teach this requirement after paragraph D: *Storing a Gun* and prior to continuing the FIRST Steps Rifle Lesson Plan Paragraph E: *The Next Step*.

BSA Requirement 2j—5 minutes

Discuss what points you would consider in selecting a rifle.

*Reference *Rifle Shooting* merit badge pamphlet pages 21–25, “Choosing a Rifle.”

Paragraph E: The “Next Step”: Additional Rifle Shooting Activities—30 minutes
Follow the NRA FIRST Steps Lesson Plan.

Note: Teach merit badge requirements 1d through f and 1h and i listed on page 4 of the BSA *Rifle Shooting* merit badge pamphlet. The requirements are listed below along with references to teach from. **These requirements are not found in the NRA FIRST Steps Rifle Lesson Plan.** Teach these requirements following paragraph E-4: *Other Shooting Activities*.

BSA Requirement 1d.

Give the main points of the laws for owning and using guns in your community and state.

*Consult local and state law enforcement for this information.

BSA Requirement 1e.

Explain how hunting is related to the wise use of renewable wildlife resources.

*Reference *Rifle Shooting* merit badge pamphlet pages 82–83, “Conservation and Hunting.”

BSA Requirement 1f.

Obtain a copy of the hunting laws for your state. Explain the main points of hunting laws in your state and give any special laws on the use of guns and ammunition.

*Reference *Rifle Shooting* merit badge pamphlet pages 83–84.

BSA Requirement 1g.

Identify and explain how you can join or be a part of shooting sport activities.

*Reference *Rifle Shooting* merit badge pamphlet pages 57–59, “Olympic Games and Shooting.”

BSA Requirement 1i.

Give your counselor a list of sources that you could contact for information on firearms and their uses.

*Reference *Rifle Shooting* merit badge pamphlet pages 95–96, “Shotgun Shooting Resources.”

Merit Badge Worksheet review—25 minutes

Conclusion—5 minutes

Day 5

Continue Qualification Shooting as Needed: Merit Badge Qualification, Plus Winchester/NRA Qualification Program—2 Hours