

Student Learning Plan

Unit 2: Leadership Theory and Application

Stationary Movements [U2C2L4]



What you will accomplish in this lesson:

Demonstrate correct stationary movements on command



Why this lesson is important:

Individual positions and stationary movements are the basic skills required in drill. In this lesson, you will learn these positions and the correct execution of the movements before proceeding to other drill movements such as marching and squad drill. In this learning plan, you will examine and practice the basic individual positions and stationary movements that you will apply in future lessons and in drill.



What you will learn in this lesson:

- Describe the position of attention
- Describe how to respond to positions of rest commands
- Describe how to respond to facing commands
- Describe the correct way to salute in a variety of situations
- Define key words: at ease, attention, facing, parade rest, rest, saluting



You will have successfully met this lesson's purpose:

- by participating in a demonstration of stationary movements as a squad leader
- by participating in a "Simon Says" game of stationary movements as a member of a squad
- when you demonstrate the position of attention
- when you demonstrate facing movements upon command
- when you demonstrate the correct way to salute in a variety of situations
- when you give the commands for a squad to perform stationary movements
- when you identify incorrect performance and demonstrate the stationary movements so that your fellow Cadets are able to perform them correctly



Learning Activities:

These learning activities are designed to help you learn the target skills and knowledge for this lesson. Your instructor may assign additional or alternative learning activities.

INQUIRE PHASE: What do you already know?



- _____ 1. THINK ABOUT what you know about drill commands. PREPARE for this lesson by discussing *What you will accomplish in this lesson; What you will learn in this lesson; Why this lesson is important, and When you will have successfully met this lesson's purpose.*
- _____ 2. VIEW a video clip about stationary movements and drill.
- _____ 3. PARTICIPATE in a demonstration exercise about stationary movements.
- _____ 4. REFLECT on the stationary movements demonstrated. ANSWER the reflection questions presented by your instructor.

GATHER PHASE: So, what else do you need to know or learn?

- _____1. READ assignment from your text about Stationary Movements.
- _____2. DISCUSS differences in the stationary drill commands.
- _____3. VIEW a list of stationary drill commands.
- _____4. OBSERVE a demonstration of stationary movements.
- _____5. PRACTICE responding to commands for stationary movements.
- _____6. REFLECT on your performance. ANSWER the reflection questions presented by your instructor.

PROCESS PHASE: Now what can you do with this new information you've learned?

- _____1. PRACTICE giving commands and responding to commands for stationary movements.
- _____2. REFLECT on your performance giving stationary commands. ANSWER the reflection questions presented by your instructor.

**Assessment Activities:****APPLY PHASE: What else can you do with what you've learned today?**

- _____1. OBTAIN the Stationary Movements Assessment Task from your instructor.
- _____2. PARTICIPATE in a game of "Simon Says" using stationary movements.
- _____3. COMPLETE the Stationary Movements Performance Assessment Task. SUBMIT your completed performance assessment task to your instructor for feedback and a grade.
- _____4. REVIEW the key words of this lesson.
- _____5. REFLECT on what you have learned in this lesson and how you might use it in the future.

**Self-Paced Learning and Assessment Activities:**

Independently complete the activities outlined below:

1. **Inquire Phase:** Complete the Learning Activities 1 – 4 or as modified by your instructor.
2. **Gather Phase:** Complete the Learning Activities 1 – 6 or as modified by your instructor.
3. **Process Phase:** Complete the Learning Activities 1 – 2 or as modified by your instructor.
4. **Apply Phase:** Complete the Learning Activities 1 – 5 or as modified by your instructor.



Courtesy of Army JROTC

U2C2L4

Stationary Movements

Key Words:

At Ease

Attention

Facing

Parade Rest

Rest

Saluting

What You Will Learn to Do

Demonstrate correct stationary movements on command

Linked Core Abilities

- Communicate using verbal, nonverbal and written techniques

Skills and Knowledge You Will Gain Along the Way

- Describe the position of attention
- Describe how to respond to positions of rest commands
- Describe how to respond to facing commands
- Describe the correct way to salute in a variety of situations

Introduction

The individual positions and stationary movements are the basic skills required in drill. You will learn these positions and the correct execution of them before proceeding to other drill movements, such as facing and marching and squad drill.

These basic skills are necessary to master because they are building blocks for other movements used during Leadership Lab. Additionally, they are important for you in developing discipline and self-confidence, and for your unit in ensuring uniformity of movement and improving its overall effectiveness and efficiency.

Stationary Movements

Stationary movements include attention and rest positions, facing, and saluting. These movements, along with marching techniques, make up the squad and platoon movements. In drill, you start most of your movements from the position of attention. However, you will discover that in some instances, you execute certain rest movements from other rest positions.

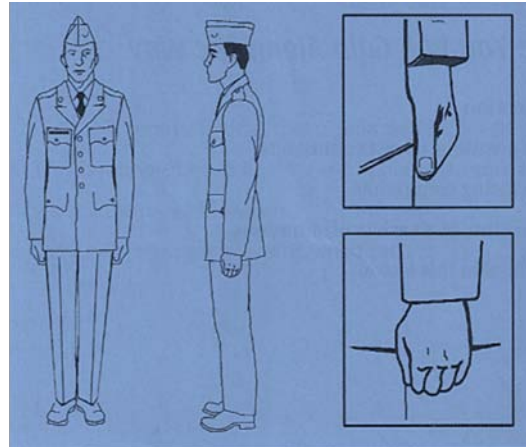
Preparatory commands and commands of execution for stationary movements	
1) FALL – IN	7) Right – FACE
2) Atten – TION!	8) Left – FACE
3) Parade – REST	9) About – FACE
4) Stand At – EASE	10) Present – ARMS
5) AT EASE	11) FALL – OUT
6) REST	120 DISMISSED!

Position of Attention

You assume the position of **attention** on the command “fall in” or “squad (platoon, etc.), attention.”

To assume the position of attention, bring your heels together sharply on line, with your toes pointing out equally in a 45 degree angle. Rest the weight of your body evenly on the heels and balls of both your feet. Keep your legs straight without locking your knees. Hold your body straight with the level of your hips, chest lifted and arched, and shoulders square. Keep your head and face straight to the front, with your chin drawn in so that your head and neck are on a vertical line.

Let your arms hang straight without being stiff. Curl your fingers so that the tips of your thumbs are alongside and touching the first joint of your forefingers. Keep your thumbs straight along the seams of your trouser leg, with the first joint of your fingers touching your trousers. While you are in this position, stand still and remain silent unless otherwise directed.



Position of attention. Courtesy of Army JROTC

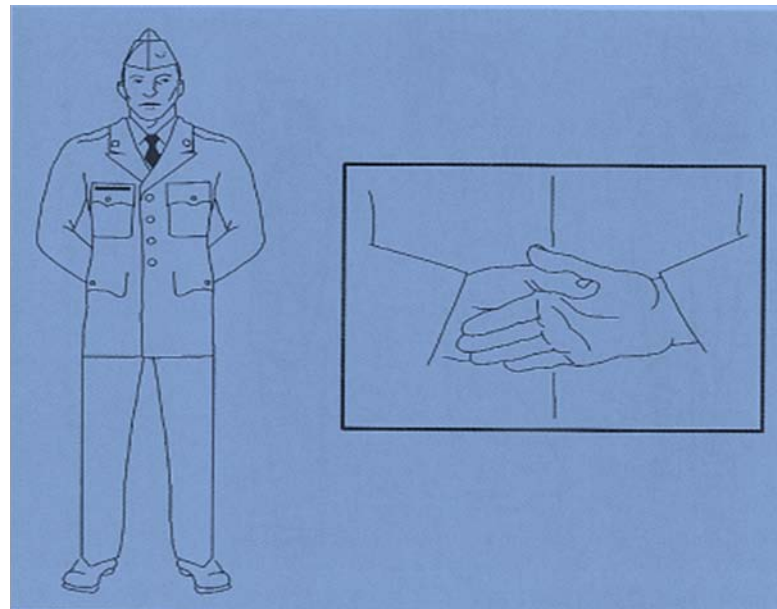
Positions of Rest

Parade Rest

A drill leader can only give the command for this rest position from the position of attention. The command for it is “**parade, rest.**”

On the command of execution “rest,” move your left foot about 10 inches to the left of the right foot. Keep your legs straight without locking your knees, and rest the weight of your body equally on the heels and balls of both feet.

At the same time, center your hands at the small of your back on your belt. Keep the fingers of both hands extended and joined, interlocking your thumbs so that the palm of your right hand is outward. Keep your head erect as you would in the position of attention. Remember to remain silent and do not move unless otherwise directed.



Position of parade rest. Courtesy of Army JROTC

From the position of parade rest, you may execute “stand at ease,” “at ease,” and “rest.”

Stand at Ease

The command for this movement is “stand at ease.” On the command of execution “ease,” execute parade rest, but turn your head and eyes directly toward the leader of the formation. You may execute “at ease” or “rest” from this position.

At Ease

The command for this movement is “**at ease.**” On this command, you may move; however, you must remain standing and silent with your right foot in place. You may execute “rest” from this position.

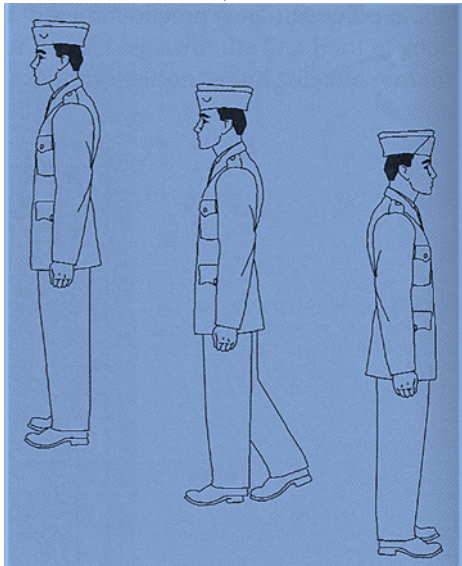
Rest

The command for this movement is “**rest.**” On this command, you may move and talk unless otherwise directed. However, you must remain standing with your right foot in place. You may execute “at ease” from this position.

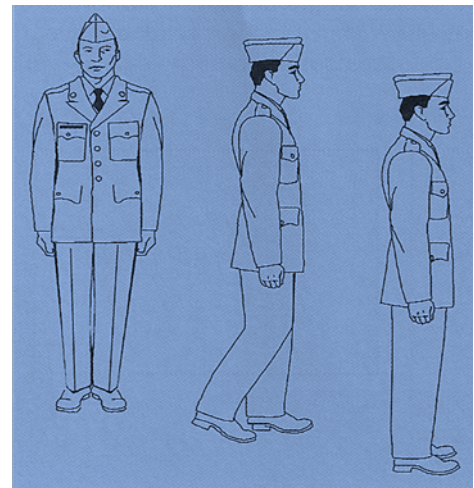
Facing

Facing, left or right, is a two-count movement. The command is “left (right), face.” On the command of execution “face,” slightly raise your right heel and left toe and turn 90 degrees to the left on your left heel, assisted by a slight pressure on the ball of the right foot. Keep your left leg straight without stiffness and allow your right leg to bend naturally. On the second count, place your right foot beside the left foot, resuming the position of “attention.” Your arms remain at your sides, as in the position of attention, throughout this movement.

Facing to the rear is also a two-count movement. The command is “about, face.” On the command of execution “face,” move the toe of your right foot to a



Command: about, face
Courtesy of Army JROTC



Command: left face.
Courtesy of Army JROTC

point touching the marching surface about half the length of your foot behind you. Rest most of your body weight on the heel of your left foot, and allow your right knee to bend naturally. On the second count, turn to the right 180 degrees on the left heel and ball of your right foot, resuming the position of attention. Again, your arms remain at your sides throughout this movement.

The Hand Salute

The **hand salute** is a one-count movement. The command is “present, arms.”

When a drill leader commands “order, arms,” you may release the salute. “Order, arms” is a one-count movement. On the command of execution “arms,” return your hand sharply to your side, resuming the position of attention. You execute the hand salute while marching alone; however, if you are a member of a unit, the leader salutes for the entire unit. If you are alone and at a double time, you must first come to quick time before you can execute the salute.



Courtesy of Army JROTC

When reporting or showing courtesy to an individual, turn your head and eyes toward the person and salute at the same time. Subordinates initiate the salute at the appropriate time and terminate it upon acknowledgment.

Conclusion

In this lesson, we have learned the basics to completing stationary movements in drill. The stationary movements include the positions of attention, rest, facing, and the hand salute.



Lesson Check-up

1. What is the difference between parade rest and standing at ease?
2. Distinguish among the four stationary movements.



Leadership Theory and Application

LESSON 4: STATIONARY MOVEMENTS

STANDARDIZED JROTC TRAINING SESSION JROTC TRAILS WEST BRIGADE:

Truman, Van Horn, William Chrisman High Schools

Lesson Created by: SFC(R) Nestor Torres 1SG(R) Timothy Dougherty, 1SG(R) George Sutton, SFC(R) Alphonso Davis,, and LTC(R) Bruce Hoover

Unit 2

Leadership Theory and Application

LESSON 4: STATIONARY MOVEMENTS



Unit 2

Leadership Theory and Application

LESSON 4: STATIONARY MOVEMENTS

Think about drill commands you may know already.

Inquire - What do you already know?





(U2C2L4:Q2)

You are practicing drill with your squad one afternoon. You put your squad at "rest" and are discussing suggestions for improving one of the movements in squad drill. Just then, a Major from your local National Guard unit walks by your squad. What should you do?

- A) Call the squad to attention and order them to "present, ARMS."
- B) Salute the Major as you continue your discussion.
- C) Continue to do what you were doing.
- D) Call your squad to attention, but only you salute the Major.

[Click to see the correct answer](#)



- Prepare for this lesson by discussing the key questions of this [Student Learning Plan](#).
 - What will you accomplish in this lesson?
 - Why is the lesson important?
 - When will you have successfully met the lesson's purpose?
- Answer the Lesson Questions:
 - What are stationary movements and how are they used during drill?



Learning Objectives

- Describe the position of attention
- Describe how to respond to positions of rest commands
- Describe how to respond to facing commands
- Describe the correct way to salute in a variety of situations
- Define key words: at ease, attention, facing, parade rest, rest, saluting



- Two or three Cadet volunteers will now demonstrate one of the stationary movements shown in the video.
- As a class, vote on which demonstrator(s) performed the movements correctly.
- Why do you think the movements were performed correctly or incorrectly?



Reflection:

- What does our class know about stationary movements?
- What do you need to know in order to perform precise stationary movements?

Unit 2

Leadership Theory and Application

LESSON 4: STATIONARY MOVEMENTS

Think about how stationary movements are executed in the following examples.

Gather - So, what else do you need to know or learn?





Stationary Movement Commands

- | | |
|--------------------|--------------------|
| 1) FALL-IN | 7) Right – FACE |
| 2) Atten-TION! | 8) Left – FACE |
| 3) Parade – REST | 9) About – FACE |
| 4) Stand At – EASE | 10) Present – ARMS |
| 5) AT EASE | 11) FALL-OUT |
| 6) REST | 12) DISMISSED! |

Visual #1: Stationary Movement Commands



Move to three Expert Stations around the classroom. Each station will be assigned one of the following sets of stationary movements:

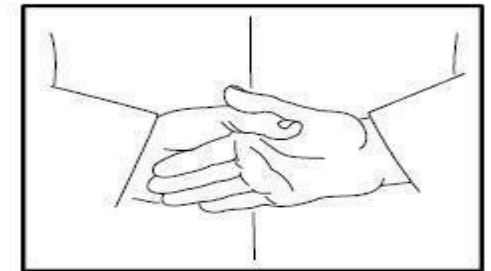
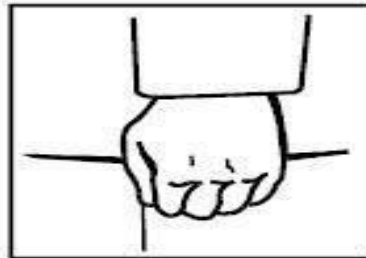
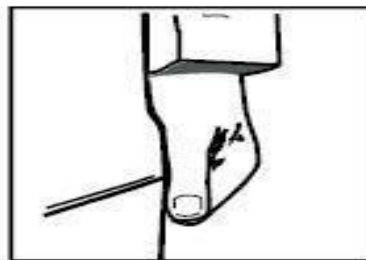
- Positions of: Attention, Parade Rest, Stand at Ease (Army only), At Ease, Rest (Army only)
- Present Arms (Indoors, outdoors, and when reporting to a senior officer)
- Facing Movements (Right Face, Left Face, About Face)

Keep
Cadets in
the same
three
teams





- In your teams, rotate through each station until you have visited them all.
- At each station, observe a demonstration of the stationary movements and practice the stationary movements.





Reflection:

- What additional information did you learn or relearn?
- What is the function of stationary movements during drill?

Unit 2

Leadership Theory and Application

LESSON 4: STATIONARY MOVEMENTS

Think about what you will do with the new content or knowledge presented in the Gather Phase.

Process - Now what can you do with this new information you've learned?





(U2C2L4:Q3)

Your platoon is marching in a parade. While waiting for the parade to begin, you find out that it will be starting 30 minutes late. Your platoon is at the position of attention, but because of the wait, you want them to relax and talk for a while. Which command do you give them?

- A) "Parade, Rest"
- B) "Parade, Rest," and "At ease"
- C) "Parade, Rest," and "Rest"
- D) "Rest"

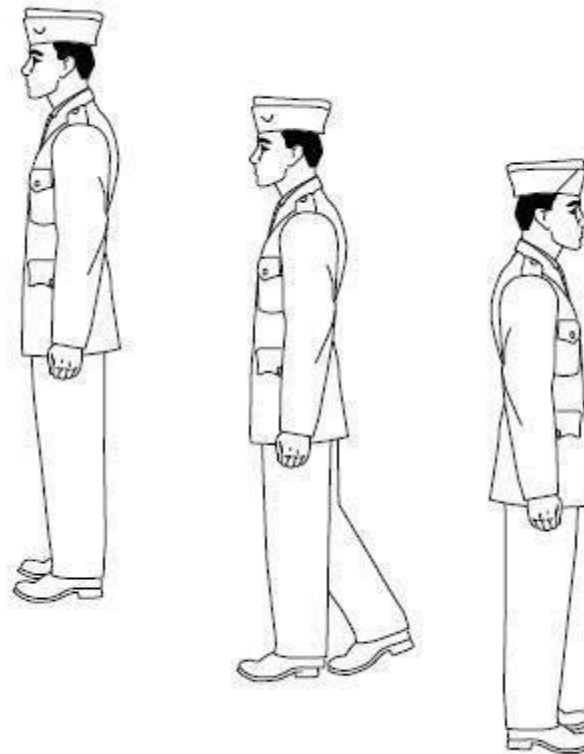
[Click to see the correct answer](#)



(U2C2L4:F2)

Which command is being executed in this picture?

- A) Right Face
- B) Parade Rest
- C) Left Face
- D) About Face



[Click to see the correct answer](#)



Reflection:

- Were you surprised at the level of detail required in executing stationary commands? If so, why?
- How do you think a squad becomes proficient in executing stationary movements?

Unit 2

Leadership Theory and Application

LESSON 4: STATIONARY MOVEMENTS

Think about the commands and responses you practiced earlier in this lesson.

Apply - What else can you do with what you've learned today?





Stationary Movement Commands

- | | |
|--------------------|--------------------|
| 1) FALL-IN | 7) Right – FACE |
| 2) Atten-TION! | 8) Left – FACE |
| 3) Parade – REST | 9) About – FACE |
| 4) Stand At – EASE | 10) Present – ARMS |
| 5) AT EASE | 11) FALL-OUT |
| 6) REST | 12) DISMISSED! |

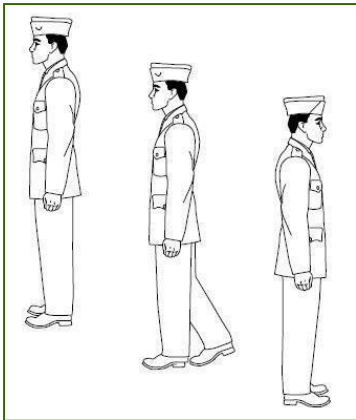
Visual #1: Stationary Movement Commands



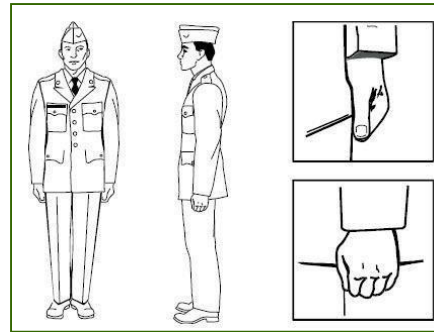
(U2C2L4:V1)

Parade Rest

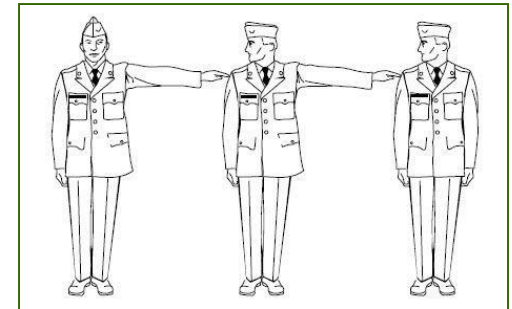
A



B



D



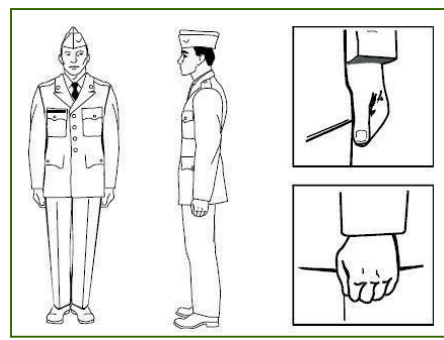
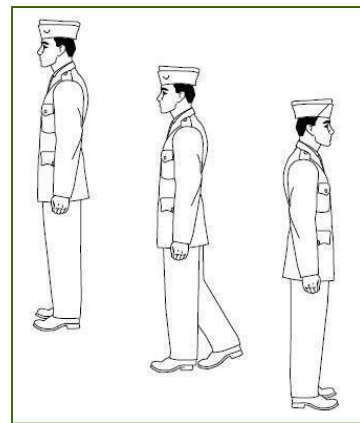
[Click to see the correct answer](#)



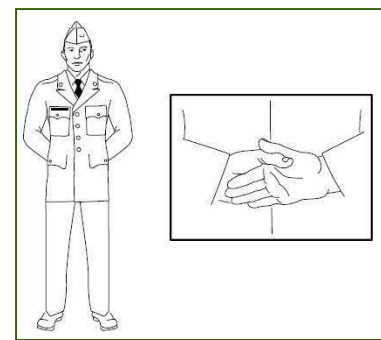
(U2C2L4:V2)

Attention

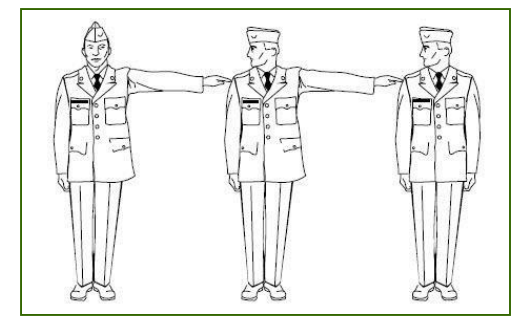
A



C



D



[Click to see the correct answer](#)



(U2C2L4:V3)

Choose the word that best matches the definition below.
"Command to relax the body while remaining silent in place and not assuming any particular position."

- A) Attention
- B) At Ease
- C) Parade Rest
- D) Rest

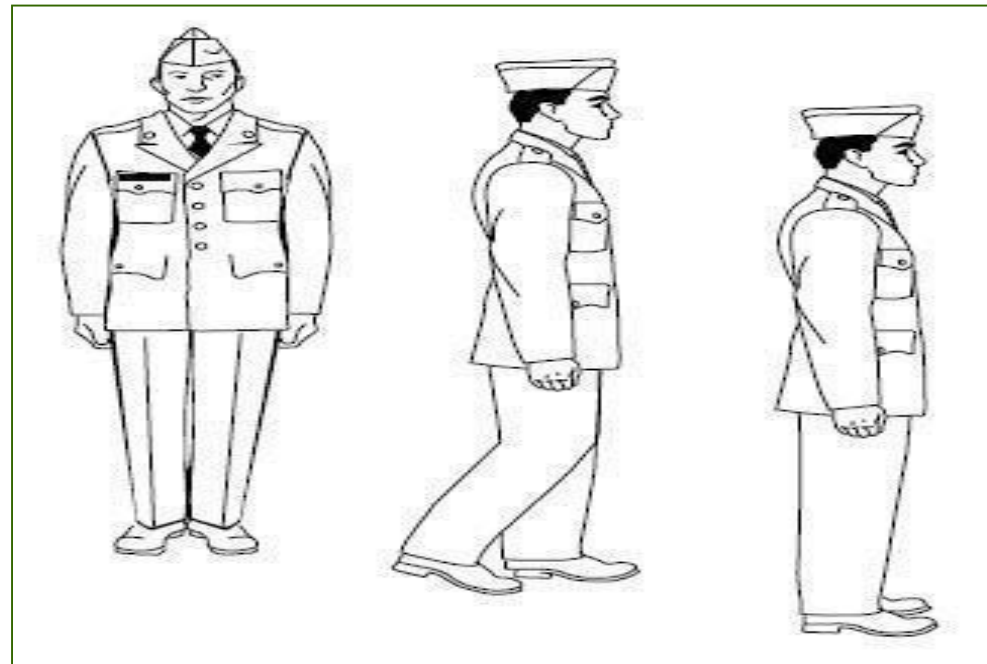
[Click to see the correct answer](#)



(U2C2L4:V4)

Facing: Pivoting movement executed while stationary to orient the body left, right, or opposite current position.
What type of face is shown in the picture?

- A) Opposite Face
- B) Left Face
- C) About Face
- D) Right Face



[Click to see the correct answer](#)



(U2C2L4:V5)

Choose the word that best matches the definition below.
"A position where you remain standing with your right foot in place; in certain situations, you may move or talk in this position unless otherwise directed."

- A) Salute
- B) Rest
- C) At Ease
- D) Attention

Click to see the correct answer



(U2C2L4:V6)

Is this salute being properly executed?

- A) Yes
- B) No



[Click to see the correct answer](#)

Performance Assessment Task

Unit 2: Leadership Theory and Applications

Stationary Movements [U2C2L4]

This performance assessment task gives you an opportunity to document your achievement of the lesson's competency:

Demonstrate correct stationary movements on command



Directions

For this performance assessment task you will participate in a group exercise where you will give and respond to commands for stationary drill movements. You will also evaluate, and be evaluated by, your peers on your performance. For this assessment you will:

1. Refer to Visual #1: Stationary Movements, to plan your commands.
2. Give and respond to stationary movement commands including:
 - one command to form the team;
 - at least one facing movement;
 - at least one position of rest;
 - a present arms; and
 - a command to dismiss the team.
3. If necessary, you make corrections to inappropriate responses.
4. Assess your own and your peer's performance.
5. Use the attached scoring guide criteria for what you need to do to complete this task.
6. Submit your completed performance assessment task and scoring guide to your instructor for evaluation and a grade.

RECOMMENDATION: It is recommended that you add this performance assessment task to your Cadet Portfolio.

Stationary Movements Performance Assessment Task Scoring Guide

Criteria	Ratings	
1. You demonstrate the position of attention	met	not met
2. You demonstrate the correct responses to rest commands	met	not met
3. You demonstrate facing movements upon command	met	not met
4. You demonstrate the correct way to salute in a variety of situations	met	not met
5. You give the commands for a squad to perform stationary movements	met	not met
6. You identify incorrect performance and demonstrate the stationary movements so that your fellow Cadets are able to perform them correctly	met	not met

Comments:

Name: _____ **Date:** _____

Evaluator's Signature: _____ **Date:** _____