

Warrior Ethos

Current as of
18 Jul 19

Lesson Plan

Objective: To help Airman understand how warrior ethos applies to each member and how their warrior mindset will carry into the operational Air Force.

Assessment questions:

Do you feel you understand the warrior mindset?

Do you feel you can apply the warrior mindset upon arriving to your duty station?

Instructional Aids: N/A

Foundational Competencies: Teamwork, Develops People, Communication, Perseverance, Service Mindset, Results Focused, Flexibility, Leadership, Initiative, Influence and Resilience.

Resources

Lesson Outline

MP 1. Warm up	05 Minutes
MP 2. Guided Group Fitness Discuss questions over hydration breaks	10 Minutes
MP 3. Conclusion Cool down Closing Questions Group Chant	45 Minutes

MP2: Opening/Ice Breaker During a warm for PT, the instructor will give the definition for warrior and ethos.

MP2: Group Fitness with instructor participation:

In conjunction with water breaks the instructor will ask the student in a group forum, what are some characteristics of a warrior? (I.e. never quit, being physically fit, willing to sacrifice personally for the good of the team)

How do you show respect? (I.e. listen to someone, being mindful of someone's boundaries)

MP3: Conclusion/cool down

Army vs. Air Force, battle field Airmen and you. (Typically, this is the branch that you think of when speaking of the term, warrior however, it's important to identify how we fit into that picture) Discuss with the Airmen how they place help accomplish the mission.

Closing: End with unit chant