



DO YOU HAVE WHAT IT TAKES TO BE A SEAL?

Subject: Physical Education | Current: 2009 | Grade: 9-12

Day: 4 of 4

1 Purpose

----- To experience the physical and mental expectations required to become a Navy SEAL and to create an individual workout plan.

2 Duration of Lesson

----- 50 Minutes

3 Additional Topics Addressed

----- Nutrition and Career opportunities

4 Objectives

----- At the conclusion of this lesson, students will be able to:

- Identify individual performance areas of strengths and weaknesses
- Determine the reality of goals set for the final 3 week post-test
- Create an individualized workout plan to achieve goals set for the particular training sections.
- Perform the physical screening test required for admittance into the Navy SEALs.



5 Standards & Benchmarks ----- **PHYSICAL EDUCATION**

Analyze and evaluate information about motor skills and patterns that lead to improved physical performance. **PE.9.2.2**

Participate in physical activities that contribute to the improvement of specific health-related physical fitness components (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition). **PE.9.3.3**

Create a personal workout program to achieve and maintain an optimal level of health-related physical fitness. **PE.9.4.1**

HEALTH & WELLNESS

Explain the interrelationships of emotional, social and physical health. **HW.1.2**

6 Vocabulary ----- The following terms are used in this lesson.

- **SEAL** – Acronym standing for Sea, Air, and Land, which identify the elements in which Navy SEALs operate
- **Unconventional Warfare** – Using small, mobile combat groups that operate using “unorthodox” battle methods (also known as guerilla)
- **Foreign Internal Defense** – Training given to foreign nations in order to build relationships with those nations
- **Direct Action** – Moving against an enemy target
- **Counterterrorism** – Includes direct action against terrorist operations, antiterrorist actions for prevent terrorist acts against citizens and troops
- **Special Reconnaissance** – Includes conducting preliminary surveys to gather information through surveillance.
- **Hooyah!** – The war cry of the Navy SEALs generally meaning “yes,” “understood,” and “I’m not letting this training session get the best of me.”
- **Armed Services Vocational Aptitude Battery (ASVAB)** – A comprehensive career exploration and planning program that includes a multiple aptitude test battery, an interest inventory, and various career planning tools designed to help student explore the world of work.



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- **Basic Underwater Demolition/SEAL (BUD/S)** – The different phases of training categories
- **Indoctrination** – Training session focusing on the expectations and ways of the Navy SEALs
- **Basic Conditioning** – Training session focusing on the trainee’s physical stamina of timed events such as running, swimming, calisthenics, and learning small-boat operations
- **Drown-proofing** – Training exercise in which trainees must learn to swim with both their hands and feet bound.
- **Surf torture** – Training exercise in which trainees must perform calisthenics down the beach in their wet clothes and boots and return back into the surf (also known as cold water conditioning)
- **SCUBA** – Training session in which trainee’s work is done underwater (SCUBA – self-contained underwater breathing apparatus)
- **Land-warfare** – Training session involving intelligence-gathering and structured penetration, as well as long-range sniper attacks.

7 Additional Resources

- Performance Journal (From Day 1)
- Navy SEAL Training Rubric

8 Procedures/Methods

A. Introduction

Before trainees even think about diving into the testing requirements to become a Navy SEAL, they have already been exercising and leading an active healthy life. To get into the level of fitness needed to become a Navy SEAL does not happen overnight, but rather trainees must devote several months of training to achieve the status needed to obtain admittance into the program.

Trainees develop a fitness program that focuses on not only improving their weaknesses, but also maintaining the necessary level of their strengths. Once the program is developed, the trainees devote their time and effort to achieve the level of fitness required to become a SEAL. Devotion, motivation, and patience are the three key elements in improving one’s overall level of fitness.



B. Development

After the introduction, students will mentally prepare to complete the pull-up test. Each student needs to obtain his performance journal and review the predicted result for the particular event. Remind students that this is a pre-test run of the testing session and to do the best they are capable of doing.

This activity will take approximately 5 minutes.

C. Independent Practice

Students will perform the pull-up test individually as the instructor keeps track of the number of pull-ups completed. The students not currently participating need to support and encourage their teammates. After students complete their attempt, they need to record their results in the performance journal under actual results.

The instructor needs to stress to the students that this is not a competition among the students, but rather a pre-test trial to identify a base line performance for each individual to improve upon.

This activity should take approximately 20 minutes.

D. Practice

Students will reflect upon their performance in the pull-up test and need to answer the following questions in their journal:

- How did your predicted results compare to your actual results in the pull-up test?
- How did you physically feel while you were completing the pull-up test?
- How did you mentally feel while you were completing the pull-up test?
- What will your goal of improvement be for your final pull-up test in 3 weeks?

This activity should take approximately 10 minutes.

As homework, students should develop an individualized workout program to complete during class (45 minutes) each day for the next three weeks. The program should include the following:

- The type of exercise
- The number of repetitions of the exercise
- How long each exercise should take
- At least 2 days a week devoted to swimming



The instructor needs to stress to students that their workout plan is to achieve an improvement in their individual performance results. Their results will not be compared to the Navy SEAL requirements.

This activity will be due on the following day and will start to be implemented the following lesson.

E. Accommodations (Differentiated Instruction)

Students who have physical conditions that prevent them from doing specific exercises may perform them using appropriate modifications/adaptations.

F. Checking For Understanding

- Students will be asked to identify their personal strengths and weaknesses in the performance journal.
- Students will be asked to create a workout plan to achieve improvement in each area of testing.

G. Closure

Careers Involved in U.S. Navy SEALs (<http://usnavy.com>):

- Navigation
- Radar Tracking
- Office Administration
- Accountant
- Intelligence and Communication
- Telecommunication
- Information Technology
- Electrons
- Building and Construction
- Emergency Services
- Healthcare
- Food and Catering



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9 Evaluation

Students will be evaluated on the completion of their performance journal. Students will not be evaluated on their actual performance of the test, but rather on the improvement achieved on each testing section from the pre-test to the final test which will take place in approximately 3 weeks.

10 Teacher Reflection

To be completed by teacher following the lesson.

11 Resources & Media

- <http://science.howstuffworks.com/navy-seal.htm/printable>
- <http://www.asvabprogram.com/>
- <http://www.usnavy.com/>
- Performance Journal (From Day 1)
- Navy SEAL Training Rubric



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PREFORMANCE JOURNAL

Testing Session	Navy Seal Goal	Predicted Results	Actual Performance	Goal of Improvement	Actual Post-Test Results	Actual Improvement
Swim	Swim 500 yards in 12.5 minutes					
Push-Ups	Do 42 push-ups in 2 minutes					
Sit-ups	Do 50 Sit-ups in 2 minutes					
Pull-ups	Do at least 6 pull-ups					
Run	Run 1.5 miles (in boots and long pants) in less than 11.5 minutes					



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NAVY SEAL PERFORMANCE RUBRIC

	Excellent-5pts	Good-3 pts	Poor-1pt
Goals	Student established realistic goals	Student establish some realistic goals	Student did not establish realistic goals
Plan	Student created an organized training program to establish goals	Student created a somewhat organized and thoughtful training program to establish goals	Student did a poor job of organizing a training program to establish goals
Improvment	Student improved performance 60-100 %	Student improved performance 20-58%	Student improved performance 1-19%
Performance Journal	Student completed performance journal	Student partially completed performance journal	Student failed to complete performance journal