

bring harm to your fellow Young Marines. For example, if you are camping and you are on firewatch, one of your jobs may be to control the camp fire so that it does not get out of hand and cause a forest fire. Another duty may be to ensure everyone is in their rack except those authorized to be awake. Whatever your duties are as part of firewatch, you should remain alert and carry out your duties to the best of your ability. The following **Young Marine General Orders** will help assist you in performing this duty:

While on firewatch:

- YMGO #1 – I will take charge of this post and all Young Marines' property in view.
- YMGO #2 – I will walk my post in an alert manner, observe everything that takes place withinsight or hearing, and report any unauthorized personnel.
- YMGO #3 – I will report all violations of orders and instructions I have been given.
- YMGO #4 – I will not quit my post until properly relieved.
- YMGO #5 – I will speak to no one except those who are also in the line of duty.
- YMGO #6 – I will sound the alarm in case of emergency.
- YMGO #7 – I will call an Adult Volunteer or Young Marine in charge if any event occurs that has not been covered by instructions.

Chapter 8 – United States History and Citizenship

PO.8 – United States History and Citizenship

EO.1 – Understand essential founding documents of the United States.

EO.1 - Understand Essential Founding Documents of the United States

The National Anthem

"The Star-Spangled Banner" was adopted by Congress as our country's National Anthem on March 3, 1931, but it was actually written by Francis Scott Key in September of 1814 during the war of 1812. Francis Scott Key was watching the bombardment of Fort McHenry from Baltimore Harbor and witnessed the raising of the U.S. flag the morning after the battle which marked a major victory for U.S. forces. He was so inspired by the event that he began to compose the original poem on the back of a letter. The original poem contains four verses but only one of which is commonly known today.

Eventually the poem lyrics were set to the tune of the song "Anacreon in Heaven," a popular song of the time, written by British composer John Stafford Smith in 1775. By the 1890s, the U.S. military had been using the song for ceremonial purposes. In 1916, President Woodrow Wilson signed an executive order to designate it as our country's National Anthem, but this distinction did not become official until Congress passed the official measure in 1931.

Below are the official lyrics of our country's National Anthem:

Oh, say can you see, By the dawn's early light, What so proudly we hailed,
At the twilight's last gleaming?

Whose broad stripes and bright stars, Through the perilous fight,
O'er the ramparts we watched, Were so gallantly streaming. And the rocket's red glare, The bombs bursting
in air, Gave proof through the night, That our flag was still there.

Oh say does that star spangled banner yet wave, For the land of the free, and the home of the brave.

The full poem can be viewed at: <https://www.poets.org/poetsorg/poem/star-spangled-banner>.

The Pledge of Allegiance

The Pledge of Allegiance was written in August 1892 by Francis Bellamy (1855-1931). He hoped that the pledge would be used by citizens in any country, so it originally said:

"I pledge allegiance to my Flag and the Republic for which it stands, one nation, indivisible, with liberty and justice for all."

In 1923, the phrase "the Flag of the United States of America" was added, but it wasn't until President Eisenhower encouraged Congress to add the words "under God" to the pledge in 1954 that the pledge became what it is known as today:

"I pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all."

Chapter 9 – Physical Fitness

PO.9 – Fitness, Health, and First Aid

EO.1 – Identify the definition, importance, and components of physical fitness.

EO.2 – Commit to a personal physical fitness program.

EO.3 – Pass the Young Marines Physical Fitness Test.

EO.4 – Understand the importance of basic first aid.

In the following pages you will find the basic information you need to begin and maintain a personal physical fitness program. These guidelines are intended for the average healthy individual. Make sure to check with your parents and your doctor before beginning any sort of fitness program. Also, be sure to work with Senior and Advanced Young Marines and your unit staff members to make sure the program you create is just right for you.

EO.1 – Identify the Definition, Importance, and Components of Physical Fitness

Physical fitness is to the human body what fine-tuning is to an engine. It enables us to perform up to our potential. Fitness can be described as a condition that helps us look, feel and do our best. More specifically, it is:

"The ability to perform daily tasks vigorously and alertly, with energy left over for enjoying leisure-time activities and meeting emergency demands. It is the ability to endure, to bear up, to withstand stress, to carry on in circumstances where an unfit person could not continue, and is a major basis for good health and well-being."

Physical fitness involves the performance of the heart, lungs, and the muscles of the body. Since what we do with our bodies also affects what we can do with our minds, fitness influences, to some degree, qualities such as mental alertness and emotional stability.

As you undertake your fitness program, it's important to remember that fitness is an individual quality that varies from person to person. It is influenced by age, sex, heredity, personal habits, exercise, and eating practices. You can't do anything about the first three factors. However, it is within your power to change and improve the others were needed. You need to consider those first three factors though when choosing which components of a physical fitness you want to include in your own routine.

The components of physical fitness are: