

# PHYSICAL FITNESS

## TROOP MEETING PLAN

Date \_\_\_\_\_ Week 1

ACTIVITY	DESCRIPTION	RUN BY	TIME
<b>Preopening</b> _____ minutes			
<b>Opening Ceremony</b> _____ minutes	<ul style="list-style-type: none"> <li>• Form the troop in a circle.</li> <li>• Hold a uniform inspection.</li> <li>• Repeat the Scout Law and have a Scout tell what it means.</li> <li>• Repeat the Pledge of Allegiance.</li> </ul>		
<b>Skills Instruction</b> _____ minutes	<ul style="list-style-type: none"> <li>• New Scouts work on fitness skills and practice for the President's Physical Fitness Award.</li> <li>• Experienced Scouts work on developing an indoor obstacle course.</li> <li>• Older Scouts work on the Venture program or assist younger Scouts with the fitness award.</li> </ul>		
<b>Patrol Meetings</b> _____ minutes	Discuss plans for this month's outing. Practice two of the events for the decathlon. All patrols plan activities to work on advancement.		
<b>Interpatrol Activity</b> _____ minutes	Play Muscle Medley. (See the Games section of <i>Troop Program Resources</i> .)		
<b>Closing</b> _____ minutes Total 90 minutes of meeting	<ul style="list-style-type: none"> <li>• Assemble patrols.</li> <li>• Repeat the Scout benediction.</li> <li>• Scoutmaster's Minute.</li> <li>• Retire colors.</li> </ul>	SM	
<b>After the Meeting</b>	Patrol leaders' council reviews the next meeting and plans for the Scout Decathlon. Begin work on next month's program feature.		

\*Troop Program Resources for Scout Troops and Varsity Teams, Supply No. 33588

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## TROOP MEETING PLAN

Date \_\_\_\_\_ Week 2

ACTIVITY	DESCRIPTION	RUN BY	TIME
<b>Preopening</b> _____ minutes			
<b>Opening Ceremony</b> _____ minutes			
<b>Skills Instruction</b> _____ minutes	<ul style="list-style-type: none"> <li>• For the new Scouts, have a local college athlete or health club instructor demonstrate exercises and talk about a nutritious diet and exercise plan.</li> <li>• Experienced Scouts continue work on an inside obstacle course.</li> <li>• Older Scouts work on the Venture program or practice one or more of the following from the introduction to Physical Fitness:                  The Boy Scout Shuffle                  Everybody Up                  Human Ladder              Prepare to demonstrate them as part of the decathlon on the troop outing.</li> </ul>		
<b>Patrol Meetings</b> _____ minutes	Discuss plans for this month's outing. Practice two or more of the events for the decathlon. All patrols plan activities to work on advancement.		
<b>Interpatrol Activity</b> _____ minutes	Do Izzy-Dizzy Relay. (See the Games section of <i>Troop Program Resources</i> .)		
<b>Closing</b> _____ minutes  Total 90 minutes of meeting	<ul style="list-style-type: none"> <li>• Scoutmaster's Minute.</li> <li>• Retire colors.</li> </ul>	SM	
<b>After the Meeting</b>	Patrol leaders' council reviews the next meeting and plans for the decathlon. Continue work on next month's program feature.		

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## TROOP MEETING PLAN

Date \_\_\_\_\_ Week 3

ACTIVITY	DESCRIPTION	RUN BY	TIME
<b>Preopening</b> _____ minutes			
<b>Opening Ceremony</b> _____ minutes			
<b>Skills Instruction</b> _____ minutes	<ul style="list-style-type: none"> <li>• New Scouts and experienced Scouts run the indoor obstacle course developed by the older Scouts.</li> <li>• Older Scouts work on the Venture program or continue practice on Everybody Up, Human Ladder, and the Boy Scout Shuffle. Prepare to demonstrate these as part of the decathlon.</li> </ul>		
<b>Patrol Meetings</b> _____ minutes	Discuss plans for this month's outing. Practice two more of the events for the decathlon. All patrols plan activities to work on advancement.		
<b>Interpatrol Activity</b> _____ minutes	Play Dodgeball and Jump the Shot. (See the Games section of <i>Troop Program Resources</i> .)		
<b>Closing</b> _____ minutes  Total 90 minutes of meeting	<ul style="list-style-type: none"> <li>• Scoutmaster's Minute.</li> <li>• Retire colors.</li> </ul>	SM	
<b>After the Meeting</b>	Patrol leaders' council reviews the next meeting and plans for the decathlon. Continue work on next month's program feature.		

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## TROOP MEETING PLAN

Date \_\_\_\_\_ Week 4

ACTIVITY	DESCRIPTION	RUN BY	TIME
<b>Preopening</b> _____ minutes			
<b>Opening Ceremony</b> _____ minutes			
<b>Skills Instruction</b> _____ minutes	<ul style="list-style-type: none"> <li>• New Scouts work on fitness activities.</li> <li>• Experienced Scouts work on a menu that will have high-energy foods to eat during the decathlon/outing.</li> <li>• Older Scouts work on the Venture program.</li> </ul>		
<b>Patrol Meetings</b> _____ minutes	Review all the events in the decathlon. Practice two more of the events.		
<b>Interpatrol Activity</b> _____ minutes	Select an activity from the Games section of <i>Troop Program Resources</i> .*		
<b>Closing</b> _____ minutes  Total 90 minutes of meeting	<ul style="list-style-type: none"> <li>• Scoutmaster's Minute.</li> <li>• Retire colors.</li> </ul>	SM	
<b>After the Meeting</b>	Patrol leaders' council reviews the next meeting and checks last-minute details for the decathlon. Finalize work on next month's program feature.		

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## TROOP OUTDOOR PROGRAM PLAN

**Date** \_\_\_\_\_

TIME	ACTIVITY	RUN BY
<b>Friday evening</b>	Load gear at meeting location and leave for campsite. Plan only a light meal en route.	SPL
	Arrive at campsite. Off-load equipment and set up patrol sites.	SPL/PL
<b>Saturday</b> 6:30 A.M.	Cooks and assistants up. Prepare breakfast. (Cooks should be working on First and Second Class requirements.)	Cooks, assistants
7:00 A.M.	Everyone else up. Take care of personal hygiene, air tents, hang out sleeping bags.	
7:30 A.M.	Breakfast	
8:00 A.M.	Clean up.	Cooks
	Patrols put up gear for morning activities, clean up patrol site.	
8:30–11:30 A.M.	Run five or six of the decathlon events.	SPL
11:30 A.M.	Cooks prepare lunch.	Cooks
Noon	Lunch	
12:30 P.M.	Clean up.	Cooks
1:00 P.M.	Run remaining decathlon events.	SPL
4:30 P.M.	Start dinner preparation.	Cooks
5:30 P.M.	Dinner	SPL
6:00 P.M.	Clean up.	Cooks
	Free time	
8:00 P.M.	Troop campfire	SPL
9:00 P.M.	Cracker barrel	
10:00 P.M.	Lights out	
<b>Sunday</b> 6:30 A.M.	Cooks and assistants up. Prepare breakfast. (Cooks should be working on First and Second Class requirements.)	Cooks, assistants
7:00 A.M.	Everyone else up. Take care of personal hygiene, air tents, hang out sleeping bags.	
7:30 A.M.	Breakfast	

<b>TIME</b>	<b>ACTIVITY</b>	<b>RUN BY</b>
8:00 A.M.	Clean up.	
	Patrols put up the gear for morning activities, clean up patrol site.	
8:30 A.M.	Worship service	
9:00 A.M.	Patrol games—Use four games from the Games section of <i>Troop Program Resources</i> . *	
11:00 A.M.	Break camp.	
<b>Special equipment needed</b>	Topographic maps, compass, clipboards	

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