

HEALTH CARE

TROOP MEETING PLAN

Date _____ Week 1

Activity	Description	Run by	Time
Preopening _____ minutes	Have a local agency set up a display of various drug paraphernalia and types of drugs. Or have Scouts take the sobriety test given to suspected drunk drivers.		
Opening Ceremony _____ minutes	Form troop in single rank, with Scouts at attention. Turn out all lights except for a single spot (or flashlight) aimed at the U.S. flag. A Scout from the color guard patrol recites (doesn't sing) the first verse of "The Star-Spangled Banner." The troop then sings the verse, and the lights are turned on.		
Skills Instruction _____ minutes	<ul style="list-style-type: none"> • New Scouts are tested for pushups, pullups, situps, standing long jump, and 500-yard run/walk. Record their results. • Experienced Scouts work on requirements for Personal Fitness merit badge or begin planning health care and drug awareness display. • Older Scouts work on the Venture/Varsity program or begin planning a drug awareness rally. 		
Patrol Meetings _____ minutes	Plan who will do what activities on the outing this month. Each patrol and Scout should have a role in the display. Every Scout should have an assignment to gather information or make contacts.		
Interpatrol Activity _____ minutes	<p>Everybody Up</p> <p>This initiative exercise is a useful way to introduce the idea of group cooperation. Ask two Scouts of about the same size to sit on the ground or floor facing each other, with soles of their feet touching, knees bent, and hands tightly grasped. From this position they try to pull themselves into a standing position. If they are successful, ask another Scout to join them and try standing up with three Scouts, then four, etc. As the group grows, all players must be grasping the hands of another person and must maintain foot contact with the group. An expanding group will find that thinking is required to come up with a solution that allows large numbers (50 or more players) to get everybody up.</p> <p><i>Variation.</i> Ask the Scouts to sit back-to-back and try to stand as a pair, trio, etc. Do not allow interlocked arms for safety reasons (possible shoulder dislocations).</p>		