



Since one of the main purposes of the Boy Scouts of America is to promote physical fitness, this program feature is right on target. Besides, most Scout-age boys love physical action, so they will participate in the suggested activities with great eagerness.

Troop meeting instruction and practice will cover most of the physical fitness requirements for Tenderfoot through First Class. There are also lots of games and contests requiring strength and agility.

Our aim, however, is not just to provide a month of fun but to encourage the Scouts to make physical fitness a life-time pursuit. Urge them to continue testing themselves regularly, not just this month while they are working on physical fitness skills. That does not necessarily mean that they have to continue doing pushups, pullups, situps, etc. for years, since those who are active in sports year-round probably get plenty of healthful exercise. But it does mean that we want to make them conscious of the importance of fitness for their whole lives.

The big event will be a Scout decathlon—a series of 10 events requiring strength, agility, coordination, and some sports skills. It will be run as an interpatrol competition.

The Scout decathlon might be either an afternoon event or the centerpiece of a weekend campout. The site might be an athletic field or a camp with a large playing field.

SCOUTING OUTCOMES

This month's patrol and troop activities should give your Scouts:

- A greater understanding that physical fitness is essential for a fulfilling life.
- Awareness that they can improve their fitness with regular exercise, adequate diet and rest, and abstinence from smoking, drugs, and alcohol.

- Enhanced self-confidence as a result of improving physical fitness.

ADVANCEMENT OPPORTUNITIES

By the end of the month, all Scouts should have met the majority of their physical fitness requirements through First Class. Depending on the campout activities, they may also complete all or part of the following rank requirements:

Tenderfoot

- Outdoor—Hiking, camping
- Citizenship—Flag ceremonies, Good Turn
- Patrol/troop participation—Patrol identification
- Personal development—Scout Oath and Law
- Physical fitness—Health, conditioning

Second Class

- Outdoor—Camping, hiking
- Citizenship—Flag ceremonies, Good Turn
- Patrol/troop participation—Leadership
- Personal development—Scout Oath and Law
- Physical fitness—Health, conditioning

First Class

- Outdoor—Cooking, camping, nature, hiking
- Citizenship—Flag ceremonies, Good Turn
- Patrol/troop participation—Leadership
- Personal development—Scout Oath and Law
- Physical fitness—Health, conditioning

Merit Badges. Older Scouts can concentrate on the Personal Fitness merit badge this month, and should be able to complete many of the requirements. Depending on activities during the month, they may also complete requirements in Cooking, Hiking, Camping, Athletics, Swimming, Sports,