

PHYSICAL FITNESS

TROOP MEETING PLAN

Date _____ Week 2

Activity	Description	Run by	Time
Preopening _____ minutes			
Opening Ceremony _____ minutes			
Skills Instruction _____ minutes	<ul style="list-style-type: none"> • For the new Scouts, have a local college athlete or health club instructor demonstrate exercises and talk about a nutritious diet and exercise plan. • Experienced Scouts continue work on inside obstacle course. • Older Scouts work on the Venture/Varsity program or practice one or more of the following from the introduction to Physical Fitness: Everybody Up Inchworm Human Ladder Boy Scout Shuffle Prepare to demonstrate them as part of the decathlon on the troop outing.		
Patrol Meetings _____ 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. Do you need to do a Good Turn project this month?		
Interpatrol Activity _____ minutes	Izzy Dizzy Relay ("Program Specialties" section of this book)		
Closing _____ minutes Total 90 minutes of meeting	<ul style="list-style-type: none"> • Scoutmaster's Minute • Retire colors 	SM	
After the Meeting	Patrol leaders' council reviews next meeting and plans for the decathlon. Continue work on next month's program feature. Troop committee holds board of review. Plan a court of honor, if necessary.		