

PHYSICAL FITNESS

TROOP MEETING PLAN

Date _____ Week 4

Activity	Description	Run by	Time
Preopening _____ minutes			
Opening Ceremony _____ minutes			
Skills Instruction _____ minutes	<ul style="list-style-type: none"> • New Scouts work on fitness activities. • Experienced Scouts work on a menu that will have high-energy foods to eat during the decathlon/outing. • Older Scouts work on the Venture/Varsity program. 		
Patrol Meetings _____ minutes	Review all the events in the decathlon. Practice two more of the events.		
Interpatrol Activity _____ minutes	Select one from the "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 checks last-minute details for the decathlon. Finalize work on next month's program feature.		