

PHYSICAL FITNESS

TROOP MEETING PLAN

Date _____ Week 1

Activity	Description	Run by	Time
Preopening _____ minutes	Pair off arriving Scouts and have dual contests (<i>Scoutmaster Handbook</i>).		
Opening Ceremony _____ minutes	<ul style="list-style-type: none"> • Form troop into circle. • Hold uniform inspection. • Repeat Scout Law and have a Scout tell what it means. • Repeat Pledge of Allegiance. 		
Skills Instruction _____ minutes	<ul style="list-style-type: none"> • New Scouts work on fitness skills and begin practice for the President's Physical Fitness Award. • Experienced Scouts work on developing an indoor obstacle course. • Older Scouts work on the Venture/Varsity program or assist younger Scouts with fitness award. 		
Patrol Meetings _____ minutes	Discuss plans for this month's outing. Practice two of the events for the decathlon. All patrols plan activities to work on advancement.		
Interpatrol Activity _____ minutes	Muscle Medley ("Program Specialties" section of this book)		
Closing _____ minutes Total 90 minutes of meeting	<ul style="list-style-type: none"> • Assemble patrols • Repeat Scout benediction • Scoutmaster's Minute • Retire colors 	SM	
After the Meeting	Patrol leaders' council reviews next meeting and plans for Scout decathlon. Begin work on next month's program feature.		