

Fitness & Nutrition

(Program Features)

TROOP MEETING PLAN

Date: May 8 Week: 1

ACTIVITY	DESCRIPTION	RUN BY	TIME
Preopening <u>15</u> minutes	Play Four-Square (<i>see below</i>)	Jack	6:30 6:45
Opening Ceremony <u>10</u> minutes	Pledge, Oath, Law, Outdoor Code. Announcements	Los Perros Patrol	6:45 6:55
Skills Instruction <u>35</u> minutes	New Scouts: Do Tenderfoot exercises (Requirement 6a, first set). Direct scouts to work on 6b over the next 30 days. Mid & Experienced Scouts: Practice the following: pushups, sit-ups, pull-ups, squats, sit and reach, 9-minute 1-mile run or walk	Alex Jacob Rhys	6:55 7:30
Advancement Session <u>10</u> minutes	Younger scouts work on rank advancement. Older scouts brainstorm and plan some high adventure activities for the troop.	Patrol Leaders/ Adults	7:30 7:40
Patrol Meetings <u>15</u> minutes	Collect dues. Finalize menu for Museum Trip Plan patrol meetings outside troop meetings. Plan for patrol member advancement. Complete & submit Interpatrol Challenge sheet.	Patrol Leaders	7:40 7:55
Interpatrol Activity <u>10</u> minutes	Play Four Corners (<i>see below</i>)	Brody	7:55 8:05
Closing <u>10</u> minutes Total 90 minutes of meeting	Closing Announcements. Announce instructor assignments for next week's meeting. Scout Vespers.	SPL / SM	8:05 8:15
After the Meeting	Questions for the Scoutmaster or SPL (All other dismissed)	SPL / SM	

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TROOP MEETING PLAN

Date: May 15 Week: 2

ACTIVITY	DESCRIPTION	RUN BY	TIME
Preopening <u>15</u> minutes	Play Steal the Bacon (<i>see below</i>)	Alex	6:30 6:45
Opening Ceremony <u>10</u> minutes	Pledge, Oath, Law, Outdoor Code. Announcements	Atomic Wolf Patrol	6:45 6:55
Skills Instruction <u>25</u> minutes	New Scouts: Discuss what makes up a nutritious diet. Learn about MyPlate. List what you ate for the last two days. Evaluate how that fits into the MyPlate concept and whether it represents a balanced diet. Mid & Experienced Scouts: Learn how to read food labels for content and allergens. Compare the calories of similar products. Discuss how to lose weight.	Alex Lucas Jack	6:55 7:20
Advancement Session <u>10</u> minutes	Younger scouts work on rank advancement. Older scouts brainstorm and plan some high adventure activities for the troop.	Patrol Leaders/ Adults	7:20 7:30
Patrol Meetings <u>10</u> minutes	Collect dues. Plan patrol meetings outside troop meetings. Plan for patrol member advancement. Complete & submit Interpatrol Challenge sheet.	Patrol Leaders	7:30 7:40
Interpatrol Activity <u>25</u> minutes	Play Speedball (<i>see below</i>)	Rhys	7:40 8:05
Closing <u>10</u> minutes Total 90 minutes of meeting	Closing Announcements. Announce instructor assignments for next week's meeting. Scout Vespers.	SPL / SM	8:05 8:15
After the Meeting	Questions for the Scoutmaster or SPL (All other dismissed)	SPL / SM	

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TROOP MEETING PLAN

Date: May 22 Week: 3

ACTIVITY	DESCRIPTION	RUN BY	TIME
Preopening <u>15</u> minutes	Play Plain Old Tag	Brody	6:30 6:45
Opening Ceremony <u>10</u> minutes	Pledge, Oath, Law, Outdoor Code. Announcements	Legit Llama Patrol	6:45 6:55
Skills Instruction <u>35</u> minutes	All Scouts: Fitness Competition by Patrol! Scouts will each record their highest number of sit-ups, push-ups, jumping jacks, and a run across the playground and back. Patrol results will be averaged for scoring.	Adults	6:55 7:30
Advancement Session <u>10</u> minutes	Younger scouts work on rank advancement. Older scouts brainstorm and plan some high adventure activities for the troop.	Patrol Leaders/ Adults	7:30 7:40
Patrol Meetings <u>10</u> minutes	Collect dues. Plan patrol meetings outside troop meetings. Plan for patrol member advancement. Complete & submit Interpatrol Challenge sheet.	Patrol Leaders	7:40 7:50
Interpatrol Activity <u>15</u> minutes	Play Izzy Dizzy Relay (<i>see below</i>)	Adults	7:50 8:05
Closing <u>10</u> minutes Total 90 minutes of meeting	Closing Announcements. Announce instructor assignments for next week's meeting. Scout Vespers.	SPL / SM	8:05 8:15
After the Meeting	Questions for the Scoutmaster or SPL (All other dismissed)	SPL / SM	

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(Program Features)

TROOP MEETING PLAN

Date: May 29 Week: 4

ACTIVITY	DESCRIPTION	RUN BY	TIME
Preopening <u>15</u> minutes	Play Jackpot with a foam ball (<i>see below</i>)	Alex	6:30 6:45
Opening Ceremony <u>10</u> minutes	Pledge, Oath, Law, Outdoor Code. Announcements	Los Perros Patrol	6:45 6:55
Skills Instruction <u>5</u> minutes	All Scouts: Review the rules for Ultimate	Mr Scott the Young	6:55 7:00
Advancement Session <u>10</u> minutes	Younger scouts work on rank advancement. Older scouts brainstorm and plan some high adventure activities for the troop.	Patrol Leaders/ Adults	7:00 7:10
Patrol Meetings <u>15</u> minutes	Collect dues. Start menus for June Trip. Plan patrol meetings outside troop meetings. Plan for patrol member advancement. Complete & submit Interpatrol Challenge sheet.	Patrol Leaders	7:10 7:25
Interpatrol Activity <u>40</u> minutes	Play Ultimate	Mr Scott the Young	7:25 8:05
Closing <u>10</u> minutes Total 90 minutes of meeting	Closing Announcements. Announce instructor assignments for next week's meeting. Scout Vespers.	SPL / SM	8:05 8:15
After the Meeting	Questions for the Scoutmaster or SPL (All other dismissed)	SPL / SM	

4-Square

Equipment: Rubber playground ball, tape to mark squares on the floor.

Procedure: Mark four large, equal size squares on the floor. The SPL assigns each patrol a square to start in, and decides which square is the serving square. The entire patrol stands in the square. Play commences using the rules of 4-square with these exceptions: Any patrol member, but only ONE member, may hit the ball if it lands in his patrol's square. If the ball bounces twice in a patrol's square, or they hit it out of bounds, or hit it before it bounces, ONE member of that patrol is out and leaves the square. After each elimination, all patrols rotate to the next square.

Scoring: The last patrol to have scouts in a square wins.

Four Corners:

Equipment: None.

Procedure: One scout is chosen to be "it" and stands in the middle of the room. All other scouts chose a corner of the room to stand in. The scout in the middle covers his eyes and slowly counts to 10 out loud. While he is counting, the other scouts may quietly move to another corner (or stay where they are). Once he reaches 10, and WITHOUT uncovering his eyes, the middle scout points to a corner of the room. All scouts in that corner are "out" and must sit down. Once only 4 players are left, only one scout may stand in each corner. Last player left standing wins and is "it" for the next round.

Steal The Bacon:

Equipment: An object is chosen to be the bacon.

Procedure: The object of Steal the Bacon is take the "bacon" back to your own side without being caught. In this game, two teams are chosen, and one umpire is selected. The members of each team are numbered. They form two opposing lines and place the bacon in the exact center between them. The umpire then calls out a number. The players on each side who are assigned that number are the players for that round. No other team members leave their side of the field. Neither player may touch the other until someone touches the bacon. Once a player touches the bacon however, the other player may tag him/her.

Scoring: If a player is able to grab the bacon and carry it back over to his/her own side, that team scores a point. If a player is tagged after touching the bacon and before he/she returns their own side, the team that tagged him/her scores a point.

Speedball

Equipment: A playing field (*soccer field outside or basketball court inside*), soccer goals, a soccer ball.

Procedure: Divide scouts into two teams. Each team has 5 players active at a time (including a goalkeeper), additional scouts may sub in. Game play starts with a jump ball at the center of the court. The team with the ball then tries to move the ball towards the opponent's goal. The ball can be moved by kicking or throwing the ball. Players are not allowed to run with the ball in their hands.

Scoring: Goals can be scored by kicking or throwing. Kicking counts as two points and throwing counts as one point. The team with the most points at the end of the match is the winner.

Izzy-Dizzy Relay:

Procedure: In turn, each member of the patrol runs to a designated turning point, puts his forehead on a bat on the ground, walks around the bat six times, then runs back to tag the next Scout.

Caution: Beware of falls! It's a good idea to assign each patrol a spotter to run alongside each Scout for a few yards after he finishes revolving and break his fall if he topples.

Scoring: The first patrol to finish wins.

500 (Jackpot):

Equipment: A foam ball

Procedure: One scout calls out a number and throws the ball to the group. The scout who catches the ball earns that number of points. When one of the scouts reaches 500 (the "jackpot"), he wins the round and becomes the thrower for the next round.

Ultimate:

Equipment: A Frisbee, a rectangular shape field with end zones at each end.; optional, markers for each team (armbands, whatever).

Procedure: Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense. The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count. When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense. No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.

Scoring: Each time the offense completes a pass in the defense's end zone, the offense scores a point.