

**OPENING
EXERCISES**

THEME: _____ **PHYSICAL FITNESS** _____ **DATE:** _____

PRESIDING: _____ CONDUCTING (YOUTH): _____

WELCOME: _____

OPENING SONG: _____

OPENING PRAYER: _____

ACTIVITY	DESCRIPTION	RUN BY	TIME
DUTY TO GOD	In advance of the activity, the quorum presidency assigns one or more quorum members to share experiences in learning their duty, making plans and fulfilling them, and sharing experiences.		
SKILL INSTRUCTION	<p style="text-align: center;">-----LEARN-----</p> <ul style="list-style-type: none"> • New Scouts work on fitness skills and practice for the President's Physical Fitness Award. • Experienced Scouts work on developing an indoor obstacle course. 		
PATROL MEETING	<p style="text-align: center;">-----ACT-----</p> <p>Discuss plans for this month's outing. Practice two of the events for the decathlon. All patrols plan activities to work on advancement.</p>		
INTERPATROL ACTIVITY	Play Muscle Medley. (See the Games section of <i>Troop Program Resources</i> .)		
REFLECTION	<p style="text-align: center;">-----SHARE-----</p> <p>A quorum presidency member conducts a reflection where he could ask questions similar to:</p> <ul style="list-style-type: none"> • What was the purpose of the activity? • What did you learn about yourself? • How did you feel? • What was the best part of the activity? • What did you learn spiritually? • How can you act on/apply what you learned? • How did the act prepare you to fulfill your duty to God? 		
CLOSING	CLOSING PRAYER: _____		

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SKILL INSTRUCTION	<p style="text-align: center;">-----LEARN-----</p> <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 an inside obstacle course. 		
PATROL MEETING	<p style="text-align: center;">-----ACT-----</p> <p>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.</p>		
INTERPATROL ACTIVITY	Do Izzy-Dizzy Relay. (See the Games section of <i>Troop Program Resources</i> .)		
REFLECTION	<p style="text-align: center;">-----SHARE-----</p> <p>A quorum presidency member conducts a reflection where he could ask questions similar to:</p> <ul style="list-style-type: none"> • What was the purpose of the activity? • What did you learn about yourself? • How did you feel? • What was the best part of the activity? • What did you learn spiritually? • How can you act on/apply what you learned? • How did the act prepare you to fulfill your duty to God? 		
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SKILL INSTRUCTION	<p style="text-align: center;">-----LEARN-----</p> <ul style="list-style-type: none"> • New Scouts and experienced Scouts run the indoor obstacle course developed by the older Scouts. 		
PATROL MEETING	<p style="text-align: center;">-----ACT-----</p> <p>Discuss plans for this month's outing. Practice two more of the events for the decathlon. All patrols plan activities to work</p>		
INTERPATROL ACTIVITY	Play Dodgeball and Jump the Shot. (See the Games section of <i>Troop Program Resources</i> .)		
REFLECTION	<p style="text-align: center;">-----SHARE-----</p> <p>A quorum presidency member conducts a reflection where he could ask questions similar to:</p> <ul style="list-style-type: none"> • What was the purpose of the activity? • What did you learn about yourself? • How did you feel? • What was the best part of the activity? • What did you learn spiritually? • How can you act on/apply what you learned? • How did the act prepare you to fulfill your duty to God? 		
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SKILL INSTRUCTION	<p style="text-align: center;">-----LEARN-----</p> <ul style="list-style-type: none"> • New Scouts work on fitness activities. • Experienced Scouts work on a menu that will have highenergy foods to eat during the decathlon/outing. 		
PATROL MEETING	<p style="text-align: center;">-----ACT-----</p> <p>Review all the events in the decathlon. Practice two more of the events.</p>		
INTERPATROL ACTIVITY	Select an activity from the Games section of <i>Troop Program Resources</i> .*		
REFLECTION	<p style="text-align: center;">-----SHARE-----</p> <p>A quorum presidency member conducts a reflection where he could ask questions similar to:</p> <ul style="list-style-type: none"> • What was the purpose of the activity? • What did you learn about yourself? • How did you feel? • What was the best part of the activity? • What did you learn spiritually? • How can you act on/apply what you learned? • How did the act prepare you to fulfill your duty to God? 		
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Troop Outdoor Program Plan

TIME	ACTIVITY	RUN BY
Friday evening	Load gear at meeting location and leave for campsite. Plan only a light meal en route.	SPL
	Arrive at campsite. Off-load equipment and set up patrol sites.	SPL/PL
8:00 p.m.	Troop campfire	SPL
9:30 p.m.	Cracker barrel	
10:00 p.m.	Lights out	
Saturday 6:30 a.m.	Cooks and assistants up. Prepare breakfast. (Cooks should be working on First and Second Class requirements.)	Cooks and assistants
7:00 a.m.	Everyone else up. Take care of personal hygiene, air tents, hang out sleeping bags. Pack canoes for trip, if planned.	
7:30 a.m.	Breakfast	
8:00 a.m.	Clean up.	Cooks
	Patrols put up the gear for morning activities, clean up patrol site	
8:30 a.m.	Run five or six of the decathlon events.	SPL
11:30 a.m.	Sack Lunch	Cooks
Noon	Lunch	
12:30 p.m.	Clean up.	SPL
	Free time	
1:00 p.m.	Run remaining decathlon events.	
4:00 p.m.	Clean up.	
	Break camp. Travel home.	
Special equipment needed	Topographic maps, compass, clipboards	