

SPORTS



Most Scouts crave physical activity. With this program feature, you can provide a variety of ways for them to get it. Many sports, both team and individual, are available in Scouting.

Use them to encourage your Scouts to become physically fit. Point out that only by becoming fit can they perform at their best level in any sport.

Stress teamwork, too. Obviously, team sports require each member of the team to act in harmony with the others. Even in individual sports, teamwork is important because often the individual needs the help of others in training for and practicing his sport.

SCOUTING OUTCOMES

This month's patrol and troop activities should give your Scouts

- A greater understanding that physical fitness is essential for a fulfilling life
- Awareness that they can improve their fitness with regular exercise, adequate diet and rest, and abstinence from smoking, drugs, and alcohol
- Enhanced self-confidence as a result of improving physical fitness
- Familiarity with a variety of sports

ADVANCEMENT OPPORTUNITIES

By month's end, all Scouts should have met many of their physical fitness requirements through First Class. Depending on the activities, they may also complete all or part of the following rank requirements:

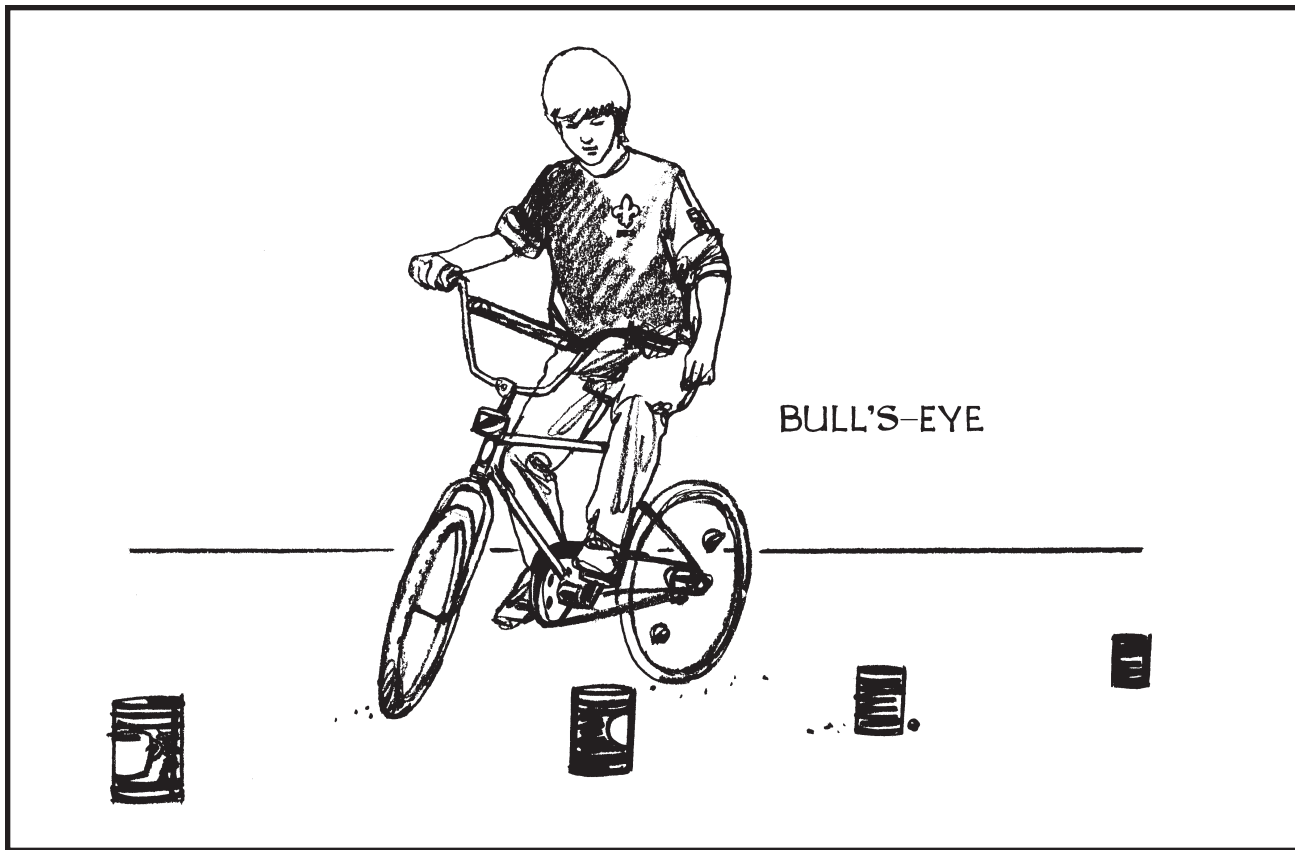
Tenderfoot

- Outdoor—hiking, camping
- Citizenship—flag ceremonies
- Patrol/troop participation—patrol identification
- Personal development—Scout Oath and Law
- Physical fitness—health, conditioning, drug awareness

Second Class

- Outdoor—camping, hiking
- Citizenship—flag ceremonies
- Patrol/troop participation
- Personal development—Scout Oath and Law
- Physical fitness—health, conditioning, drug awareness

First Class



- Outdoor—camping, hiking, cooking
- Citizenship—flag ceremonies
- Patrol/troop participation
- Personal development—Scout Oath and Law
- Physical fitness—health, conditioning

Merit Badges. Older Scouts can concentrate on the Personal Fitness and Sports merit badges this month; they should be able to complete many of the requirements. Depending on activities during the campout, they may also cover requirements for the Cooking, Hiking, Camping, Athletics, Swimming, Skating, Cycling, and other outdoor-related merit badges.

PARENT/GUARDIAN PARTICIPATION

The patrol leaders' council can involve parents in the program feature this month by

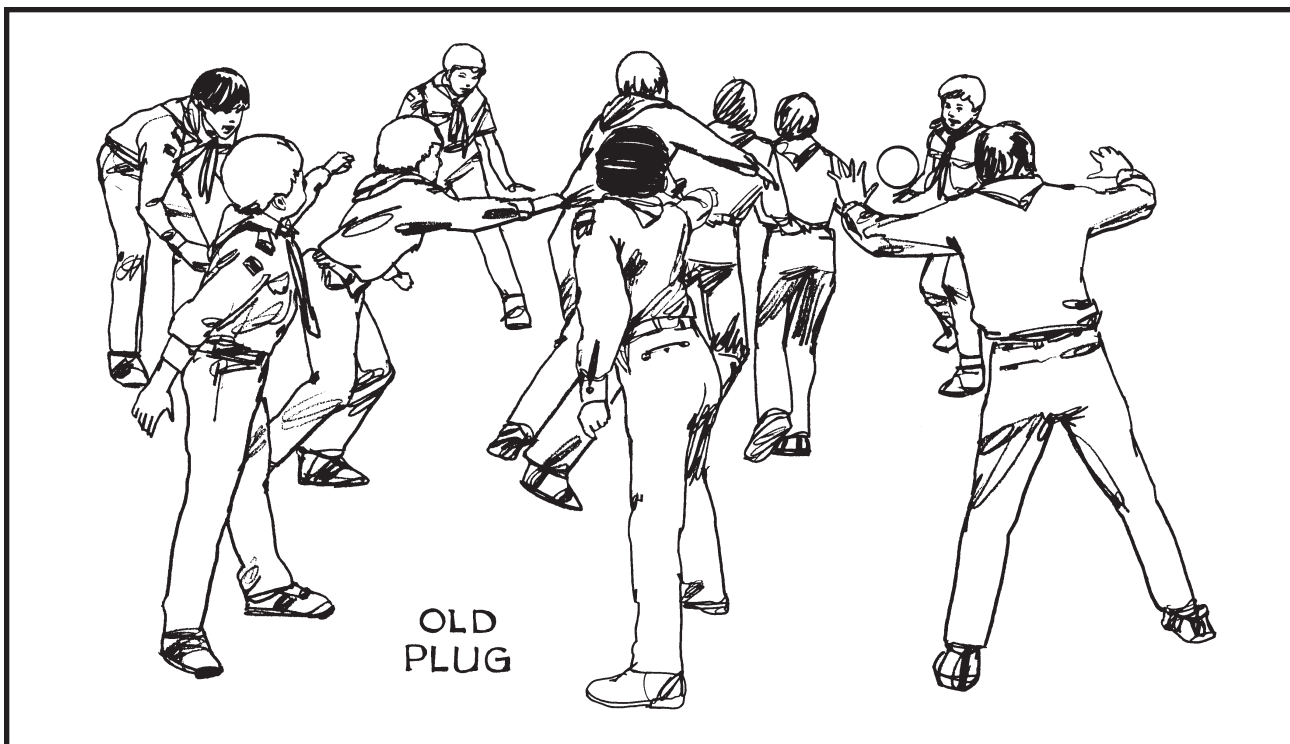
- Asking qualified people to assist as judges, scorers, timekeepers, etc.
- Inviting families on the campout
- Asking qualified people to coach Scouts in a sport

PATROL LEADERS' COUNCIL

The patrol leaders' council should meet during the early part of the previous month to plan troop activities for this program feature. If you don't complete all items on the following agenda, continue planning at patrol leaders' council meetings after each troop meeting.

- Decide whether to make the outing a one-day event or the highlight of a weekend campout. Choose a site for it and arrange to secure permissions, if needed.
- Plan the events for the outing. See the ideas on the following pages.
- Arrange to secure the necessary equipment; ask for help from the troop committee, if necessary.
- Inventory the troop's camping equipment, if this has not been done recently.
- Plan details of troop meetings for the month. Consider inviting counselors for the Sports or Athletics merit badges to help with instruction.
- Make a list of possible patrol Good Turns for the community.

FEATURE EVENT



Sports Outing

This outing can be a campout or a daylong event with several features. You might want to have several conventional sports activities plus some cooperative events. You might even recruit a professional athlete to work with the troop on a particular sport.

This outing could be done with another troop or several troops, and with some competitive events between the troops. Or, your outing might be a family gathering at a sports event; attendance at the event could be one portion of a daylong activity.

Collective Blanketball

Two patrol teams of about eight or 10 players spread out around two sturdy blankets or similar-sized pieces of durable material. Each team grasps the edges of its blanket, and a beach ball or monster ball is placed in the middle. To warm up, each group tosses the ball into the air and catches it again in the blanket, or rolls the ball around the outside edges of the blanket. Teams then pass the ball back and forth by tossing it toward the receiving team. One team can even toss the ball straight up and dash out of the way, letting the other team race under the ball to catch it with the blanket.

You can also give each team its own ball and have them play catch with two balls.

For groups seeking additional challenge, juggling can be attempted by trying to get two or more balls going in the air in a continuous manner. This can be

attempted initially by one team alone, making sure one of the two balls is always in the air, and later by tossing balls from team to team. To involve more people, use a sturdy bedspread, a large piece of lightweight canvas, or an old parachute. A variation of this game, known as Collective Netting, can be played in shallow water with a fishnet instead of a blanket.

Collective-Score Blanketball

Two teams use a blanket to toss a beach ball or other large ball back and forth over a volleyball net. Every time the ball is tossed over the net by one team and caught successfully in the blanket held by the other team, 1 collective point is scored. This game is cooperative because every team member is a part of every toss and every catch. There is also the collective challenge of scoring as many points in a row as possible.

Inchworm

Pair off Scouts. They sit on each other's feet and grasp elbows or upper arms. Each pair advances by having the Scout whose back is toward the direction of travel lift his bottom off the other's feet and rock backward. Meanwhile, his partner slides his feet forward about a foot and rocks forward as the other sits down on his feet again. Continue with this rocking-sliding motion to the turning line—but don't turn. For the return trip, Scouts simply reverse roles, with the Scout who had

been going backward now going forward. The first pair to return to the start wins.

Sports Tourney

This can either be held outdoors or indoors in a gym, depending on the climate. Have an interpatrol competition in two or more team sports, such as basketball, volleyball, team handball, indoor soccer.

Play patrol against patrol in abbreviated games (two 5-minute halves of basketball, for example). If possible, have every patrol play all other patrols.

If the patrol leaders' council desires a full-scale tourney, with regulation games, schedule one that covers two or three Saturdays.

Bike Games

BULL'S-EYE. For each patrol, set out four empty 1-pound coffee cans, open end up, about 8 feet apart in a straight line. Give each Scout four marbles. The object of the game is to drop one marble into each can while riding down the line at any speed. Score 1 point for each hit; subtract 1 point if the rider touches his foot to the ground.

SLALOM RELAY. For each patrol, remove the top halves of four empty plastic milk jugs and set each

out about 6 feet apart in a straight line. The rider must weave in and out without touching a jug and without his feet touching the ground. If he touches a jug or the ground, he must return to the starting line and begin over. Run the game as a relay. The fastest patrol wins.

SNAIL RACE RELAY. Mark a 3-foot-wide lane about 50 feet long with string or chalk for each patrol. Half of the patrol lines up at either end of the lane. The object is to ride as slowly as possible without touching the ground or allowing a bike wheel to touch the line. The race starts with the first rider at one end riding to the other end of the lane; there the first Scout in line rides the other way, and so on until all patrol members have ridden the course. The slowest patrol time wins.

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TROOP MEETING PLAN

Date _____ Week 1

ACTIVITY	DESCRIPTION	RUN BY	TIME
Preopening _____ minutes	Post a fitness chart with basic requirements needed for the Tenderfoot rank. Begin testing. Post everyone's scores; have them practice all month and check for improvement.		
Opening Ceremony _____ minutes	<ul style="list-style-type: none"> • Assemble the troop. • Hold a uniform inspection. • Have a new Scout lead the Oath and Law. • Present colors. • Recite the Pledge of Allegiance. 		
Skills Instruction _____ minutes	<ul style="list-style-type: none"> • New Scouts continue fitness tests. Post scores for comparison at the end of the month. Practice the tautline hitch, two half hitches, and the bowline. • Experienced Scouts choose a sport and begin practice. Or, invite parents who are golfers to explain the game and give instruction in basic golf swings. • Older Scouts work on the Venture program or begin instruction in one of three types of skiing—water, downhill, or cross-country. 		
Patrol Meetings _____ minutes	Discuss plans for the outing this month. Determine any special patrol needs. If the troop is having some sort of competitive activity, practice for the event.		
Interpatrol Activity _____ minutes	Play Catch Ten. (See the Games section of <i>Troop Program Resources</i> .)		
Closing _____ minutes Total 90 minutes of meeting	<ul style="list-style-type: none"> • Assemble the troop. • Sing "Scout Vespers." (<i>Boy Scout Songbook</i>) • Scoutmaster's Minute. • Retire colors. 	SM	
After the Meeting	Patrol leaders' council reviews the next meeting and plans for the outing. Begin work on next month's program feature.		

*Troop Program Resources for Scout Troops and Varsity Teams, Supply No. 33588

SPORTS

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"> • New Scouts have a presentation by a college athlete or health club instructor. Demonstrate exercises and discuss nutritional diets and an exercise plan. • Experienced Scouts continue working on their sport. • Older Scouts work on the Venture program or practice Inchworm. 		
Patrol Meetings _____ minutes	Discuss plans for this month's outing. Practice two of the events for the outing. All patrols plan activities to work on advancement.		
Interpatrol Activity _____ minutes	Do Izzy-Dizzy Relay. (See the Games section of <i>Troop Program Resources</i> .)		
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 the next meeting and plans for the outing. Continue work on next month's program feature.		

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TROOP MEETING PLAN

Date _____ Week 3

ACTIVITY	DESCRIPTION	RUN BY	TIME
Preopening _____ minutes			
Opening Ceremony _____ minutes			
Skills Instruction _____ minutes	<ul style="list-style-type: none"> • New Scouts go to a pool or aquatics area that meets BSA standards, and work on First Class swimming requirements. • Experienced Scouts continue work on selected sport or plan a bicycle competition. • Older Scouts work on the Venture program. 		
Patrol Meetings _____ minutes	Review plans for the troop outing. If meals are planned, finalize the menus and make final assignments for duties at the site.		
Interpatrol Activity _____ minutes	Play Old Plug. (See the Games section of <i>Troop Program Resources</i> .)		
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 the next meeting and plans for the outing. Continue work on next month's program feature.		

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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 are tested for push-ups, pull-ups, sit-ups, standing long jump, and 500-yard run/walk. Post scores and check improvement from the first week. • Experienced Scouts finish plans for a bike competition or continue practicing their sport. • Older Scouts work on the Venture program or assist with testing new Scouts. 		
Patrol Meetings _____ minutes	Review final plans for the outing. If the outing is going to be a campout, make sure that everyone has the necessary camping gear. Also review all the events and make sure everyone is prepared.		
Interpatrol Activity _____ minutes	Play Corner Ball. (See the Games section of <i>Troop Program Resources</i> .)		
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 the next meeting and checks last-minute details for the outing. Finalize work on next month's program feature.		

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TROOP OUTDOOR PROGRAM PLAN

Date _____

TIME	ACTIVITY	RUN BY
Friday evening	Load gear at meeting location and leave for camping area. Plan only a light meal en route.	SPL
	At the campsite, off-load equipment and set up patrol sites.	SPL/PL
Saturday 6:30 A.M.	Cooks and assistants up. Prepare breakfast. (Cooks should be working on First and Second Class requirements.)	Cooks, assistants
7:00 A.M.	Everyone else up. Take care of personal hygiene, air tents, hang out sleeping bags.	
7:30 A.M.	Breakfast	
8:00 A.M.	Clean up.	Cooks
	Patrols put up the gear for morning activities, clean up patrol site.	
8:30–11:30 A.M.	Sports events	SPL
Noon	Sack lunch	
1:00 P.M.	Continue sports events.	SPL
4:30 P.M.	Start dinner preparation.	Cooks
5:30 P.M.	Dinner	SPL
6:00 P.M.	Clean up.	
8:00 P.M.	Campfire	
9:00 P.M.	Cracker barrel	
10:00 P.M.	Lights out	
Sunday 6:30 A.M.	Cooks and assistants up. Prepare breakfast. (Cooks should be working on First and Second Class requirements.)	Cooks, assistants
7:00 A.M.	Everyone else up. Take care of personal hygiene, air tents, hang out sleeping bags.	
7:30 A.M.	Breakfast	
8:00 A.M.	Clean up.	Cooks
	Patrols put up the gear for morning activities, clean up patrol site.	

TIME	ACTIVITY	RUN BY
8:30 A.M.	Worship service	
9:00 A.M.	Patrol games—Use four games from the Games section of <i>Troop Program Resources</i> . *	
11:00 A.M.	Break camp.	
Special equipment needed	Sports equipment, troop camping equipment	

**Troop Program Resources for Scout Troops and Varsity Teams*, Supply No. 33588