

**Cooking**  
(Program Features)

**TROOP MEETING PLAN**

Date: Mar. 6 Week: 1

ACTIVITY	DESCRIPTION	RUN BY	TIME
<b>Preopening</b>  <u>15</u> minutes	Play Freeze Tag ( <i>see below</i> )	<b>Lucas</b>	6:30  6:45
<b>Opening Ceremony</b>  <u>10</u> minutes	Pledge, Oath, Law, Outdoor Code. Announcements	<b>Legit Llama Patrol</b>	6:45  6:55
<b>Elections</b>  <u>25</u> minutes	<b>TROOP &amp; PATROL ELECTIONS</b>  Elect new SPL  Patrols elect new PLs  SPL chooses ASPL, etc. PLs choose new APLs, etc.	<b>SM</b>	6:55      7:20
<b>Advancement Session</b>  <u>10</u> minutes	Younger scouts work on rank advancement. <b>Older scouts brainstorm and plan some high adventure activities for the troop.</b>	<b>Patrol Leaders/ Adults</b>	7:20  7:30
<b>Patrol Meetings</b>  <u>15</u> minutes	Collect dues <b>Plan menus for Crossover trip</b> Plan patrol meetings outside troop meetings. Plan for patrol member advancement. Complete & submit Interpatrol Challenge sheet.	<b>Patrol Leaders</b>	7:30    7:45
<b>Interpatrol Activity</b>  <u>20</u> minutes	Play Speedball ( <i>see below</i> )	<b>Rhys</b>	7:45   8:05
<b>Closing</b>  <u>10</u> minutes  Total 90 minutes of meeting	Closing Announcements. Announce instructor assignments for next week's meeting. Scout Vespers.	<b>SPL / SM</b>	8:05  8:15
<b>After the Meeting</b>	Questions for the Scoutmaster or SPL (All other dismissed)	<b>SPL / SM</b>	

## COOKING

(Program Features)

### TROOP MEETING PLAN

Date: Mar. 13 Week: 2

ACTIVITY	DESCRIPTION	RUN BY	TIME
<b>Preopening</b> <u>15</u> minutes	Play Four-Square ( <i>see below</i> )	<b>Alex</b>	6:30 6:45
<b>Opening Ceremony</b> <u>10</u> minutes	Pledge, Oath, Law, Outdoor Code. Announcements	<b>Los Perros Patrol</b>	6:45 6:55
<b>Skills Instruction</b> <u>30</u> minutes	<b>All Scouts:</b> Scouts will move between 3 stations to get basic instruction on three different styles of cooking, focusing on the benefits of each style and how to use them effectively. If possible, real cooking demonstrations be done. <div style="text-align: right;">           Camp Stoves:            Backpacking Stoves:            Foil Pack Cooking:         </div>	<b>Alex</b> <b>Lucas</b> <b>Jack</b>	6:55 7:25
<b>Advancement Session</b> <u>10</u> minutes	Younger scouts work on rank advancement. <b>Older scouts brainstorm and plan some high adventure activities for the troop.</b>	<b>Patrol Leaders/ Adults</b>	7:25 7:35
<b>Patrol Meetings</b> <u>10</u> minutes	Collect dues. Finalize menus for Crossover Plan patrol meetings outside troop meetings. Plan for patrol member advancement. Complete & submit Interpatrol Challenge sheet.	<b>Patrol Leaders</b>	7:35 7:45
<b>Interpatrol Activity</b> <u>20</u> minutes	Play Ball Over Relay ( <i>see below</i> )	<b>Jacob</b>	7:45 8:05
<b>Closing</b> <u>10</u> minutes  Total 90 minutes of meeting	Closing Announcements. Announce instructor assignments for next week's meeting. Scout Vespers.	<b>SPL / SM</b>	8:05 8:15
<b>After the Meeting</b>	Questions for the Scoutmaster or SPL (All other dismissed)	<b>SPL / SM</b>	

## COOKING

(Program Features)

### TROOP MEETING PLAN

Date: Mar. 20 Week: 3

ACTIVITY	DESCRIPTION	RUN BY	TIME
<b>Preopening</b> <u>15</u> minutes	Play Red Light Green Light ( <i>see below</i> )	<b>Rhys</b>	6:30 6:45
<b>Opening Ceremony</b> <u>10</u> minutes	Pledge, Oath, Law, Outdoor Code. Announcements	<b>Legit Llama Patrol</b>	6:45 6:55
<b>Skills Instruction</b> <u>30</u> minutes	<b>New Scouts:</b> <b>Mid &amp; Experienced Scouts:</b> Explain that there are six essentials to cooking a good meal: time, ingredients, recipes, cookware, heat sources, and technique. Give each group a complete dinner menu. Then give them 25 minutes to plan what they need for the six essentials and who will take each role in the preparation. For the balance of the time, have adults evaluate the groups' plans.	<b>Alex  Rhys</b>	6:55  7:25
<b>Advancement Session</b> <u>10</u> minutes	Younger scouts work on rank advancement. <b>Older scouts brainstorm and plan some high adventure activities for the troop.</b>	<b>Patrol Leaders/ Adults</b>	7:25 7:35
<b>Patrol Meetings</b> <u>15</u> minutes	Collect dues. Finalize all plans for Crossover Trip Plan patrol meetings outside troop meetings. Plan for patrol member advancement. Complete & submit Interpatrol Challenge sheet.	<b>Patrol Leaders</b>	7:35  7:50
<b>Interpatrol Activity</b> <u>15</u> minutes	Play Fruit Salad ( <i>see below</i> )	<b>Lucas</b>	7:50 8:05
<b>Closing</b> <u>10</u> minutes Total 90 minutes of meeting	Closing Announcements. Announce instructor assignments for next week's meeting. Scout Vespers.	<b>SPL / SM</b>	8:05 8:15
<b>After the Meeting</b>	Questions for the Scoutmaster or SPL (All other dismissed)	<b>SPL / SM</b>	

## CYCLING

(Program Features)

### TROOP MEETING PLAN

Date: Mar. 27 Week: 4

ACTIVITY	DESCRIPTION	RUN BY	TIME
<b>Preopening</b> <u>15</u> minutes	Watch YouTube bike videos of Danny MacAskill trick riding.	<b>SM</b>	6:30
			6:45
<b>Opening Ceremony</b> <u>10</u> minutes	Pledge, Oath, Law, Outdoor Code. Announcements	<b>Los Perros Patrol</b>	6:45
			6:55
<b>Skills Instruction</b> <u>30</u> minutes	<b>New Scouts:</b> Discuss cycling safety and traffic rules, and introduce these topics: Bike types and parts; Bike clothing and helmets; Bike training and nutritional needs  <b>Mid &amp; Experienced Scouts:</b> Learn how to change tires and tubes. Learn how to adjust brakes, seat, and stem tube. Learn skills for short-distance street riding.	<b>Rhys</b>  <b>Owen</b>	6:55
			7:25
<b>Advancement Session</b> <u>10</u> minutes	Younger scouts work on rank advancement. <b>Older scouts brainstorm and plan some high adventure activities for the troop.</b>	<b>Patrol Leaders/ Adults</b>	7:25
			7:35
<b>Patrol Meetings</b> <u>15</u> minutes	Collect dues. Start menus for Bike Trip Plan patrol meetings outside troop meetings. Plan for patrol member advancement. Complete & submit Interpatrol Challenge sheet.	<b>Patrol Leaders</b>	7:35
			7:50
<b>Interpatrol Activity</b> <u>15</u> minutes	Play Jackpot ( <i>with a football</i> ) ( <i>see below</i> )	<b>Lucas</b>	7:50
			8:05
<b>Closing</b> <u>10</u> minutes  Total 90 minutes of meeting	Closing Announcements. Announce instructor assignments for next week's meeting. Scout Vespers.	<b>SPL / SM</b>	8:05
			8:15
<b>After the Meeting</b>	Questions for the Scoutmaster or SPL (All other dismissed)	<b>SPL / SM</b>	

### **Freeze Tag:**

*Equipment:* None.

*Procedure:* One scout is "it"; when they tag someone, that person is "frozen" in place. They cannot move and must stand with their feet apart and arms out to the sides. The only way they can become unfrozen is if a person crawls under their legs. Play continues until all the players are frozen. Then the last person to be frozen is "it" for the next game.

### **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.

### **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 a group of scouts a square to start in, and decides which square is the serving square. The entire group 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 group's square. If the ball bounces twice in a group's square, or they hit it out of bounds, or hit it before it bounces, ONE member of that group is out and leaves the square. After each elimination, all groups rotate to the next square.

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

### **Ball-Over Relay:**

*Equipment:* Ball, about basketball size; whistle; blindfold

*Procedure:* Draw lines dividing the game area into a zone for each patrol, and place a patrol in each zone. The players take positions at various points in their zone; they cannot cross the lines. One Scout is blindfolded and has the whistle. When he blows the whistle, the leader puts the ball into play. The players must try to keep the ball in the opposing teams' territory so that they don't have possession of it when the blindfolded Scout blows the whistle again. The whistle should be blown fairly often, continuously starting and stopping play for a given time. Scouts must NOT hit the ball so hard that it leaves the playing area, and may not kick the ball!

*Scoring:* Score 1 point for the patrol that has the ball when the whistle is sounded. If a scout hits the ball excessively hard, his patrol also earns a penalty point. At the end of the game, the patrol with the lowest score wins.

### **Red Light, Green Light:**

*Equipment:* none.

*Procedure:* Start with all scouts along the starting line. When the leader says 'Green Light' everyone will move towards the finish line. When the leader says 'Red Light' everyone must immediately stop. If players are still moving when you call 'Red Light', they must go back to the starting line.

*Scoring:* First player across the finish line wins.

*Variations:* Green Light=Walk, Yellow Light = Slow Motion, Red Light =Stop. Or, The leader can designate himself as the finish line, when players get close to the finish line (the leader), the finish lines moves farther away.

### **Fruit Salad:**

*Equipment:* A circle of chairs, one less than the number of Scouts playing.

*Procedure:* Each Scout chooses a fruit and announces their choice. They all sit in the circle, with one Scout in the middle. One of the Scouts in the circle starts the game by saying their fruit likes another fruit (i.e., "strawberry likes banana"). The person in the center tries to tag the Scout whose fruit was called before he can announce that his fruit likes another fruit. If the Scout in the center successfully tags that Scout, they switch places. Any Scout can announce their fruit likes "fruit salad", at which point all the Scouts get up and change seats; the center Scout can also claim a seat, and whichever Scout is left without a chair is the new center Scout.

### **500 (Jackpot):**

*Equipment:* A football

*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.