

Troop 136 Meeting Plan - 4/28/2020

Theme: [Fitness and Nutrition](#)

Time	Activity	Description	Run by
6:45 PM	Pre-Opening	▪ Prepare room for meeting/activity - flags and opening practice ▪ Show Internet videos illustrating relaxation techniques.	SPL
6:55 PM 7:00 PM	Line Up for Opening Opening Ceremony	▪ Flag ceremony by Zach Brown ▪ Meeting Agenda	SPL
7:10 PM 7:15 PM	Skills Instruction	▪ Explain the rules of soccer. (Shane) ▪ Explain the rules of ultimate frisbee. (Calvin) ▪ Explain the rules of kickball. (Elias)	SPL
7:20 PM 7:25 PM	Questions		SM
7:30 PM 7:35 PM	Closing	▪ Announcements ▪ Closing prayer by Chaplain's Aide	SM Chaplain

[Activity Resources](#)

[Planning Resources](#)