

Fish Iowa! Unit

Day 1

Teaching Objective

I can express my thoughts about fishing.

I can hold a rod and reel properly, use a thumb stop and demonstrate its function.

Reference Materials

Fish Iowa! DVD

Materials Needed

Rods/reels

Labeled rod diagram handout.

Small sticky notes to hand out for exit slip

Description of Activities

- I. INTRODUCTION – Class discussion.
 - a. From your experiences or from what you have heard, what do you like about fishing?
 - b. What do you want to know?
 - c. What frustrates you about fishing?
 - d. Why should fishing be included in P.E. class?

- II. With the rods and reels, demonstration of proper stance and placement of each hand on rod in appropriate places.
 - a. Plug and thumb stop will be explained and demonstrated.
 - b. All students will practice stance and hand placement on rod, use thumb stop and crank to reel line back in.

- III. Parts of the rod discussed and shown.
 - a. A labeled rod diagram will be distributed for students to take with them.

- IV. Students will complete an exit slip: “What I wonder about is” and turn in on their way out of the gym.

Day 2

Teaching Objective

I can name the parts of a fishing rod and reel.

I can describe what a thumb stop is and tell what it is used for.

I can perform a flip cast @ 10 feet.

Reference Materials

Fish Iowa! DVD

Materials Needed

Handouts of rod/reel diagrams to be labeled by students.

Fish Iowa! DVD. /T.V. and DVD player.

Hula hoops.

Rods/reels/plugs

Description of Activities

- I. Begin class by sharing answers to or discussions about the exit slips from the day before that may be appropriate, “What I wonder about...”
- II. Written quiz:
 - a. Distribute a picture of a rod similar to the diagram given the day before. Students may work in partners, but should use the blank lines to label the parts. Students should write a short answer for “The function of the thumb stop is...”
- III. Collect quizzes and review answers for immediate feedback.
- IV. Show FISH IOWA! DVD **Flip casting** section.
 - a. Allow students to try using no target.
 - b. After time to experiment and question, place hula hoops as informal targets.

Day 3

Teaching Objective

I can perform a pitch cast using the thumb stop appropriately.
I can discuss several parts of a fish using a poster.

Reference Materials

Poster of Fish Anatomy from FISH IOWA! June 2011 Class.
FISH IOWA! website, fishing word find.

Materials Needed

Rods and Reels
Hula hoops.
FISH IOWA! DVD, T.V. and DVD player
Poster of FISH ANATOMY
Word Find
Sticky notes for Exit Slips

Description of Activities

- I. Students will review and practice **flip** using hula hoops.
- II. Show FISH IOWA! DVD **Pitch casting** section.
 - a. Without hula hoops, students will practice **Pitch** in small groups helping, observing and coaching one another.
- III. Class discussion on the anatomy of a fish and function of some of the parts.
- IV. Exit Slip: “Two important points about today’s lesson are...”
- V. **HOME WORK:** Fishing Word find.

Day 4

Teaching Objective

I can label parts of a fish with above 50% accuracy.
I can discuss and appropriately adjust the drag system on the reel.
I can keep the correct amount of tension on the line when reeling in with a plug.
I can check for and correct twisted lines with my partner.

Reference Materials

Appendix C of manual pages 85 and 86

Materials Needed

Word Wall using words from Fish Anatomy and parts of a fishing rod and reel.

Worksheet of Fish with blank lines to fill in for fish anatomy.

Rods and reels.

Targets with markings on floor spaced at 10' and 20'.

Fish Iowa! DVD

Description of Activities

- I. Collect homework.
- II. Distribute worksheet of Fish Anatomy. (Students may use word bank from display of word wall.)
 - a. Reveal Fish Anatomy poster and have students complete and correct their worksheet.
- III. Check line for twists.
 - a. With a partner, have one hold pole and release thumb stop.
 - b. Have partner pull plug and line the width of the gym and then walk back to pole checking and feeling line.
 - c. Using nail clippers, remove any knotted, crinked, or twisted line.
 - d. Replace plug.
- IV. If there is time, in small groups practice flip and pitch with targets using the appropriate marks on the floor.
- V. Definitely show the FISH IOWA! DVD **overhand cast** section as a preview for tomorrow.

Day 5

Teaching Objective

I can demonstrate an overhand cast keeping both hands on the rod and avoiding trees and people.

Reference Materials

Teaching Manuel Unit 3 pages 44 and 45.

Fish Iowa! DVD

Materials Needed

FISH IOWA! DVD **Overhand cast** section.

Rods, reels, targets with anchors, measuring tape.

Line marker

Extra plugs and nail clippers.

Handouts of Unit 3 pages 44 and 45 -- Casting and Do's and Don'ts.

A Calm, Dry Day!

Description of Activities

- I. With partner, check line for twists and knots. Repair as needed.
- II. Warm up inside gym with pitch and flip using targets and marked floor for correct distance.
- III. Show DVD of **Overhand cast**.
 - a. Discuss and answer questions/comments
- IV. Distribute Handout of Casting and Do's and Don'ts to use as a reference and a check sheet.
 - a. Bringing handouts, move outdoors to try **overhand casts** toward target (so they don't get carried away and try to cast as far as possible).

- V. Exit slip: "Today a new idea to me was...."

Day 6

Teaching Objective

I can name at least four different kinds of Iowa fish.
I can define vertebrate and coldblooded.
I can discuss the senses fish have.

Reference Materials

DNR's IOWA FISH I.D. GUIDE

Unit 2 of teaching manual, Fish sense and characteristics pages 25-38

Materials Needed

Fish Iowa! Card game.
Iowa Fish I.D. Guide to pass out.
Fish Groups posters and pages.
Additional terms added to the Word Wall.
Review sheets pages 36 and 37.
Handout on page 38 of manual.

Description of Activities

- I. Teach about the **senses** fish possess.
- II. Discuss the fish families as described in Unit II using posters.
- III. With partner, fill out worksheets pages 36 and 37 handouts.
- IV. In small groups, play the Fish Card game.
- V. Exit slip: "I was the most surprised to learn"

Day 7

Teaching Objective

I can improve my casting target score.

Reference Materials

Materials Needed

Targets and marked distances.
Rods/reels/plugs/nail clippers.

Description of Activities

- I. Check line for twists and smooth reeling.
- II. Practice each type of cast at designated distance.

Day 8

Teaching Objective

I can list several reasons fish hatcheries are important to Iowa's environment.

Reference Materials

Teaching manual Appendix F, page 101

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Iowa Department of Natural Resources

Susan Monahan Blair, Orchard Place Campus
www.iowa.dnr.gov

Materials Needed

Description of Activities

- I. Field trip to tour a Fish Hatchery, hopefully the Boone Station.
 - a. Discussion of trip and highlights during drive back to school.
- II. Homework assignment: Thank You letters.

Day 9

Teaching Objective

I can hold a fish without harming it or myself.

I can identify tools and items needed in a tackle box.

I can tell why all fisher people should use only lead- free sinkers.

Reference Materials

Guest speaker

Manual Appendix B p. 82

Manual Appendix A p. 79-80

Manual Unit 3 p. 41-42

Materials Needed

Rubber fish

Variety of tackle

Milk/liquid laundry jugs

New medicine bottles

Athletic tape and permanent markers

Scissors

Description of Activities

- I. Make milk jug tackle boxes in small groups.
- II. Guest Speaker
 - a. One of our several staff members with a wealth of fishing experiences will discuss and show tackle needed for our fishing expedition.
 - b. Pros and cons of different tackle and sizes.
 - c. With rubber fish he will demonstrate and coach how to hold fish and talk about removing hooks and gently releasing catch. (These same rubber fish can be used in Art class for Fish Prints)
- III. Group discussion of lead-free sinkers. Appendix A, p. 80

Day 10

Teaching Objective

I can use an appropriate knot to attach a hook.

I can bait a hook using a wet rubber worm. Or a Gummy worm candy.

Reference Materials

Manual Unit 3 pp. 42-43

Handout diagram for Trilene knot. "Fishing the MO river system. Boys' Life April 1995. Article: Fishing: A Knotty Problem.

Online IA 4-H website
Guest speaker

Materials Needed

Rods with line and hooks
Plastic/rubber worms and water
Or maybe Gummy worm candy.

Description of Activities

- I. Guest Expert will again lead this class in knot tying eventually working with fishing line and hooks and then give ideas and suggestions for baiting hooks.
 - a. I will, again, give individual coaching and assistance.
- II. Exit Slip: “The cool thing about knot tying is...”

Day 11

Teaching Objective

I can compete without giving up.
I can demonstrate good sportsmanship during competition.

Reference Materials

DNR Aquatic Education Program Casting Competition Rules

Materials Needed

Rods/reels/plugs
Anchored flat targets
Markers at 10'; 20'; and 30'.
Score Sheet

Description of Activities

- I. While waiting their turn to cast, students will use provided paper to write Thank You notes to recent guest speakers.
- II. There will also be areas to practice casting while waiting for their competition.

Day 12

Teaching Objective

I can recall Water Safety rules previously learned.
I can discuss what is expected from me during a fishing trip.

Reference Materials

Previous water safety unit – American Red Cross
Manual Appendix J p. 105
Manual Appendix K p. 107

Materials Needed

Water safety posters from the American Red Cross.
“Gee Whiz” facts from Appendix J. p 105
Tips for Conducting a Fishing Field trip from Appendix K p. 107
Handout listing major expectations for field trip.

Description of Activities

- I. Complete casting competition. Give awards.
- II. Class review of water safety tips and situations learned in a previous unit of our P.E. Curriculum. Include Appendix J from Fishing Manual.
- III. Discuss expectations for the Fishing Expedition.
 - a. Give handout emphasizing Major points for Expedition.
- IV. Exit slip: List 3 water safety rules.

Day 13

Teaching Objective

I can demonstrate good attention and listening skills.
I can discuss the importance of ethics while fishing.
I can list at least three ethical fishing situations.

Reference Materials

Guest Speaker; hopefully a Conservation Officer.
Manual Appendix F p. 102

Materials Needed

Description of Activities

- I. Guest Speaker to discuss fishing ethics, rules, regulations, importance of.

Day 14

Teaching Objective

I can put into practice much of what I have learned in this fishing unit.
I can follow directions first time given and stay with the group.
I can be courteous to my peers and be helpful.
I can safely use each of the three casting techniques in real water.
I can bait hooks.

Reference Materials

Materials Needed

School fishing permit.
Sunscreen
First aid kits
Other teachers
Fishing poles and tackle
Bait and paper cups
Transportation
Permission slips
Cameras
Rags
Hand sanitizer
Drinking water
Garbage bags
A nice day!

Description of Activities

Day 15

Teaching Objective

Reference Materials

Materials Needed

Description of Activities

WRAP UP -- DEBRIEF !!