

# Catch a Fish

Item #11265

## **Introduction**

The Catch A Fish activities were designed to deliver big fun, practice hand/eye coordination, and to add a whole new set of motivating activities to your P.E. classes. Students can get tired of the same old ball games, tag games, and skill-developing drills. The Catch A Fish is new. Chances are good that when you add these activities to your program it will be the first time your students have participated in anything like it. Everyone will want a chance to catch a fish. It is highly motivational!

The Catch A Fish consists of lightweight plastic fishing poles, 10' lengths of line attached to each pole, and VELCRO®-covered balls which act as the hooks. The fish are made of a "loop" pile fabric that can be snagged by the "hook" ball. There are 9 fish in a set, made in 3 different colors and 3 different sizes.

Kids love these activities. They may be used as a station, in relay activities, or games for the whole class.

## **How Does This Relate to Current Educational Thinking?**

The Catch A Fish activities are important in today's P.E. curriculum for several reasons. Adventure games are becoming popular as a way to breathe new life into the P.E. class with highly motivating games that get kids moving, working together, supporting each other, and add a touch of excitement. Catching fish in P.E. is certainly exciting. Most of your students have never been fishing and will be thrilled to make that big catch and reel it in.

Another important theme is getting kids involved in some activities that they can continue with as adults. Although fishing in and of itself is not a good fitness builder, the hike to that stream, river, or lake usually is a good form of fitness and relaxation. The idea of getting out to the woods and breathing some fresh air is also much healthier than sitting around playing video games and watching television.

Many of the activities listed will involve students supporting each other in team-oriented situations. Every opportunity should be taken to use games like these as teaching tools to promote these concepts.

## **How Do I Make These Activities Developmentally Appropriate?**

The recommended grade levels for the Catch A Fish is K-6. For very young students, you may wish to tape the line around the pole to decrease the length of the line from 10' to just 5' or 6'. You may also want to move the fish closer, so they are only 7' or 8' from the fishing station line. In Grades 3 and 4 you can have them try full-length lines and move the fish out a little farther. At this level, you should not push them for speed. The skills of

casting are new and difficult for some. In Grades 5 and 6 the students are getting better at casting and can try going after fish that are farther away. They can also handle relay-type games that involve speed and teamwork.

As a rule of thumb, watch your students progress and add or reduce the skill level as needed. It should be challenging, but not so much as to make them give up for lack of success.

## **Activities**

### **Casting Practice**

The technique required to be successful in the fishing games are similar to real-life fly fishing. Students need to practice to get it right. They will not need the fish for this practice. Have students line up so they will get a turn without waiting too long. This will depend on how many poles you have available. Use this as a station with other activities going on as well if you only have a few poles.

Have students pull the line behind them as far as it will reach. Using an overhead three-quarter-type arm motion, they slowly pull the pole up and over the top. As the "hook" ball flies overhead, they will hold the pole out with no further follow through, pointing to where they are trying to cast. The goal is to get the ball to stay as far away from them as possible. If they cast too hard it will come back towards them. They then pull the pole up and back to where it began, in the same controlled motion, leaving it far behind them with no slack in the line. Each student should be given as much time as needed to get a feel for this action. In the interest of time, try giving them 10 or 15 casts, then rotate them out of the line until their next turn.

### **Fishing Station**

Using one or more poles, set up an area about 25' long by 10' wide (add another 10' of width for each pole used). Have students stand behind a cone or line well away from the students that are fishing. The current fisherperson casts the line from behind another cone or line and tries to "hook" fish that are placed randomly in the casting area. Their turn may end after they catch their limit (example: 3 fish), or after a predetermined time limit (example: 2 min.). Make sure you have students stop casting before other students return fish to the "water" area.

### **Lake Fishing**

Set up fish in the middle area of a large 20'-30' circle (lake). Space fishing stations around the circle at least 10' apart. Students take turns casting out, catching fish, and pulling them back into shore (over the line). Have students catch a specified number of fish, or fish for a certain time limit, then switch with others.

As a competitive game, put students into teams and have them catch fish for their team. You may have them catch all of the fish and then count to see who caught the most. Or fish for a predetermined time limit, then add up their catch, or try having each student get just 3 casts, then go to the end of the line. You may also assign a point value to the fish, the small fish worth 3 points, the medium size worth 2 points and the large fish worth 1 point. Using this method, you can keep a running point total for the game. When all students have had a turn, the catch, or points are then counted.

### Relay Fishing

Set teams up in standard relay formation at one end of the gym. Place the teams' pole just this side of the center line. Place fish randomly about 12' beyond the center line, where each team has a chance to catch an equal number of fish. On GO, the first team member runs down to the pole, casts out, and fishes until they catch a fish. They pull it over the center line, pick it up, leave the pole, and run back to the team with their catch. The next person goes, and so on, until all students have gone, and have caught a fish. In this version of the relay, other students or the teacher will have to collect fish as the teams bring them back and return them to the lake to keep it stocked. Teams will have to keep track of how many they have caught.

To get more running involved, have each student take only one cast, then return with or without a fish. After a time limit or when all of the fish are out of the lake, the relay is over. If one cast does not get enough fish back, go to 2 or 3.

Another option for this relay is to have the kids move down to the pole in boats (scooters). They scoot (row) down to the pole, get



up, cast, catch a fish, and then return on their scooter back to the team.

### Obstacle Course Fishing

To make an obstacle course more interesting, add a fishing section to it. Simply make a place to fish along the course and have the students stop, cast, and catch a fish before continuing. Or give them only 3 casts and extra points or "seconds off" if they bring a fish back with them.

### Additional Options/Uses

There are always options for most equipment outside of their usual intended function. The Catch A Fish is no different. You will find new ways to use this equipment. One example for this product might be Fish Bowling. Set up 3 pins about 12' away from the fishing foul line. Give each student 2 tries to see how many pins they can knock down with a cast. Another example would be to set up 1 pin as a target and try to knock it down with an accurate cast.

Since the fish come in 3 colors and sizes, any activity you choose can be made more exciting by adding a point value to various sizes or colors of fish, or by making teams catch one fish of each color. This variety gives you many possibilities in creating new options for these activities.

### Safety

Always keep fishing stations far enough apart to avoid students being hit with either the pole or the hook ball. Have waiting lines placed safely away from the student who is using the fishing pole.



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