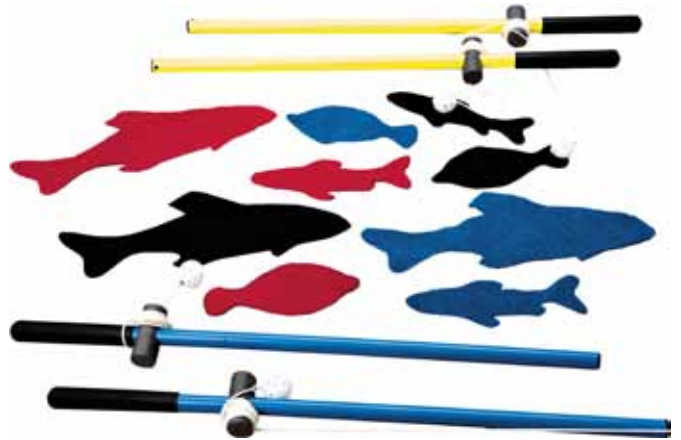


Catch-A-Fish Set

Item #11265



- **Overview.** Reel 'em in! Take a break from the same old ball games, tag games and skill-developing drills – and go fishing. Catch-A-Fish delivers big fun as students get “hooked” on hand/eye coordination skills involving casting, targeting and throwing. Accuracy is key as students cast “hook”-covered balls at “loop”-covered fabric targets. Set includes 9 lightweight plastic fishing poles with 10' lengths of line attached to each pole and Velcro®-covered balls which act as the hooks; plus 9 fish in 3 sizes and colors, made of a “loop” pile fabric that can be snagged by the “hook” ball.
- **What Are the Educational Applications?**
 - 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, and supporting each other. They also add a touch of excitement. Most of your students have never been fishing and will be thrilled to make that big catch and reel it in. They may be used as a station, in relay activities, or games for the whole class.
 - Another important theme is getting kids involved in some activities that they can continue as adults as a lifetime sport. Although fishing in and of itself is not a good fitness builder, the hike to that stream, river or lake is usually 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 Can I Use This Product With My Students?**
 - **Where:** Can be used indoors or outdoors.
 - **Age:** Grades K to 6.
 - **Group Size:** Each set includes 9 fishing poles.
 - **Basic Skills Needed:** 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 due to a lack of success.
- **Set Up/Instructions**
 - 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.
 - Since the fish come in three 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.

The Games/Activities

- **Activity #1: Casting Practice**
 - a. **Objective:** The techniques required to be successful in the fishing games are similar to real-life fly fishing. Students need to practice to get it right.

- b. Set Up: Students 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.
- c. How to Play: 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 of their heads. 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.

• **Activity #2: Fishing Station**

- a. Objective: The students will attempt to safely catch as many fish as possible in the time allotted.
- b. Set Up: 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.
- c. How to Play: The current fisher 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 minutes). Make sure you have students stop casting before other students return fish to the “water” area.

• **Activity #3: Lake Fishing**

- a. Objective: The students will attempt to catch one or more fish from the “Lake” before the time runs out.
- b. Set Up: Set up fish in the middle area of a large 20’-30’ circle (lake). Space fishing stations around the circle at least 10’ apart.
- c. How to Play: 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.
- d. Extensions:
 - 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 three 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.



• **Activity #4: Obstacle Course Fishing**

- a. Objective: To make an obstacle course more interesting, add a fishing section to it.
- b. Set Up: Simply make a place to fish along an obstacle course.
- c. How to Play: 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.

• **Activity #5: Relay Fishing**

- a. Objective: The students fish in a relay formation and take turns running to the line and catching fish.
- b. Set Up: 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.

c. How to Play: 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.

d. Extensions:

- 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 two or three.
- 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.
- Use additional locomotor movements (hop, skip, jump) in the relay lines.

• **Activity #6: Fish Bowling**

- a. Objective: The students will cast and attempt to knock down one or more pins with their casts.
- b. Set Up: Place three pins about 12' away from the fishing foul line in relay formation. Place the pins about 10'-12' away from the line or cone starting area. One fishing pole will be available at each bowling area.
- c. How to Play: On the signal, one person from each line will try to cast their line and knock down one or more of the pins. Give each student two tries to see how many pins they can knock down with a cast. Keep an individual or team score.
- d. Extensions: Set up one pin as a target and try to knock it down with an accurate cast.

• **Safety Issues & Concerns**

- 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.

Meets These NASPE Standards

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

24/7 Online Ordering!

Order FlagHouse products online 24/7! View our latest products, not yet in our catalogs! Create wish lists! Online specials! Hot Buys! Expanded content!

<http://www.FlagHouse.com>
<http://www.FlagHouse.ca>

FlagHouse Exclusive Online Specials!

FlagHouse Hot Buys! View our latest online product specials - this pricing is not available in our catalogs! Limited quantities, so get them while they are HOT!

<http://www.FlagHouse.com/HotBuys>
<http://www.FlagHouse.ca/HotBuys>

Do you have an idea for a brand new product or a new game idea? We would be happy to speak with you - contact us at <http://www.FlagHouse.com/NewIdeas>

Please direct your questions or concerns regarding this product to the appropriate office listed below between the hours of 8AM-6PM Eastern Time

In the US: FlagHouse, 601 FlagHouse Drive, Hasbrouck Heights, New Jersey 07604-3116 Phone 800.793.7900 201.288.7600 Fax 800.793.7922

In Canada: FlagHouse Canada, 235 Yorkland Blvd., Suite 105, North York, Ontario M2J 4Y8 Phone 800.265.6900 416.495.8262 Fax 800.265.6922

International Customers: FlagHouse, 601 FlagHouse Drive, Hasbrouck Heights, New Jersey, 07604-3116 USA Phone 201.288.7600 Fax 201.288.7887