



**Iowa 4-H After School Program  
Sportfishing, Lesson Plan  
Eight, 60 minute sessions**

**Grades:** 7-8

**Optimum Group Size:** 25

When near water and for younger children a ratio of 1 to 5 is optimum

**Supplies Needed:** See lesson plans

**Reference Resources**

- Sportfishing Project Activity Guide: Sportfishing Helpers Guide,  
4-H Cooperative Curriculum System, 4HCCS BU-07601 2002
- Sportfishing Project Activity Guide: Take the Bait,  
4-H Cooperative Curriculum System, 4HCCS BU- 07598 2002
- Sportfishing Project Activity Guide: Cast into the Future,  
4-H Cooperative curriculum System, 4HCCS BU- 07600 2002
- Sportfishing Project Activity Guide: Reel in the Fun,  
4-H Cooperative Curriculum System, 4HCCS BU- 07599 2002
- 4-H Fish Iowa: Responsible Angling Guide, 4-H 335 1999
- Iowa Fishing Regulations Guide

**Physical Setting:** Classroom, outdoor area, pond, stream

**Life Skills Addressed:**

- Communicating with others
- Teamwork
- Helping others
- Making decisions
- Learning to learn
- Decision making
- Gathering data
- Sharing with others

**Indicator:**

- D1: Communication (5003, 5006): to plan, organize and make a presentation. To listen carefully to what others have to say.
- D2: Leadership (7009): To help others reach their goals.
- D3: Marketable skill (8008): to accept responsibility for doing a job
- D4: Learning to learn (1008): to use information that I have learned
- D5: Wise use of resources (3030): to act in a responsible manner when using natural resources
- D6: Responsible citizenship (4005): to be responsible for my own actions
- D7: Healthy lifestyle (9007): to avoid risky behaviors
- D8: Accepting differences (6003): to value the contributions of others

## **Content Objective:**

- D1: Getting to know each other, and discussing background knowledge about fishing
- D2: Casting practice
- D3: What equipment is needed for a day of fishing?
- D4: Identify fish species and adaptations for survival
- D5: What other organisms live in a watershed, and how is oxygen important to them?
- D6: Becoming a responsible angler
- D7: Fishing safety and planning a trip
- D8: Going fishing and what to do with the catch

## **Related School Standards and Benchmarks:**

### **Life Skills**

- Working With Others
  1. Displays effective interpersonal communication skills
  2. Displays friendliness with others
  3. Displays politeness with others
  4. Provides feedback in a constructive manner
- Thinking and Reasoning
  1. Selects the most appropriate strategy or alternative for solving a problem
  2. Applies decision-making techniques
    - a. Identifies situations in the community and in one's personal life in which a decision is required
    - b. Understands that one person's exercise of freedom may conflict with the freedom of others and that rules can help to resolve conflicting freedoms
    - c. When appropriate, takes action to implement the decision
    - d. Makes decisions based on the data obtained and the criteria identified
- Self-Regulation
  1. Performs self-appraisal
  2. Develops an inventory of wants versus needs
- Behavioral Studies
  1. Understands that interactions among learning, inheritance, and physical development affect human behavior
  2. Understands that many skills can be practiced until they become automatic, and that if the right skills are practiced, performance may improve
  3. Understands that rules at home, at school, and in the community let individuals know what to expect and so can reduce the number of disputes
- Life Work
  1. Makes effective use of basic tools
    - a. Measures and mixes dry and liquid materials in prescribed amounts, exercising reasonable safety
    - b. Learns the proper use of new instruments by following instructions in a manual or by taking instructions from an experienced user

### **Science**

- Life Science
  1. Understands relationships among organisms and their physical environment
    - a. Knows ways in which organisms interact and depend on one another through food chains and food webs in an ecosystem (e.g., producer/consumer, predator/prey, parasite/host, relationships that are mutually beneficial or competitive)

- b. Knows that changes in the environment can have different effects on different organisms (e.g., some organisms move in, others move out; some organisms survive and reproduce, others die)
  - c. Knows factors that affect the number and types of organisms an ecosystem can support (e.g., available resources; a-biotic factors such as quantity of light and water, range of temperatures, and soil composition; disease; competition from other organisms within the ecosystem; predation)
2. Understands biological evolution and the diversity of life
- a. Knows ways in which living things can be classified (e.g., taxonomic groups of plants, animals, and fungi; groups based on the details of organisms' internal and external features; groups based on functions served within an ecosystem such as producers, consumers, and decomposers)

**Evaluation:** Attached

<b>Time Allotment</b>	<b>Activity</b>	<b>Supplies</b>
<b>DAY 1</b>		
30 minutes	Fish-Match Mixer, pg 7, <i>Helper's Guide</i> Getting to know fish, pg 39, <i>4-H Fish Iowa</i> (use the pictures and descriptions)	Paper plates, pictures of fish
15 minutes	Fishing A to Z, pg 24, <i>Helper's Guide</i>	list of categories, paper, pencils
15 minutes	Knot too Hard, pg 12, <i>Reel in the Fun</i> Why Knot?, pg 21, <i>4-H Fish Iowa</i>	fishing line or eye bolt, cord
<b>DAY 2</b>		
15 minutes	Pop Can Casting, pg 10, <i>Take the Bait</i> • Have the youth that are experienced help the others that are not	pop can, 50 feet of fishing line, casting weight, piece of tape
15 minutes	A Different Spin, pg 6, <i>Reel in the Fun</i> How to Catch a Fish, pg 19, <i>4-H Fish Iowa</i> • Have youth that are experienced help the others	Spinning rod and reel
30 minutes	Turning the Crank, pg 8, <i>Reel in the Fun</i> • Have youth that are experienced help others	Bait casting rod and reel, practice plug, casting targets, safety glasses, line clippers, swivel snaps
<b>DAY 3</b>		
15 minutes	Having the Right Stuff, pg 18, <i>Take the Bait</i> Equipment, pg 3-9, <i>4-H Fish Iowa</i>	Tackle box, tackle Inventory checklist
45 minutes	Powder painting jigs, pg 12, <i>Helper's Guide</i> OR Making worms, pg 14, <i>Helper's guide</i> or Flashy and fun, pg 21, <i>Reel in the fun</i> • Let youth chose which activity(ies) they would like to complete	See <i>Tackle box</i> on pgs 12, 14 <i>Helpers Guide</i> see <i>Tackle box</i> , pg 21, <i>Reel in the Fun</i>
<b>DAY 4</b>		
15 minutes	Which Fish is It? pg 28, <i>Take the Bait</i>	Copy of crossword,

<b>Time Allotment</b>	<b>Activity</b>	<b>Supplies</b>
	Getting to know Fish, pg 39, <i>4-H fish Iowa</i>	<i>Know your Fish</i> , from each activity guide
15 minutes	Fishy Smells Something, pg 30, <i>Reel in the Fun</i>	copy of crossword puzzle, pencil
30 minutes	A Fish by Design, pg 32, <i>Reel in the Fun</i>	paper, markers, or materials to create a model of a new fish species
<b>DAY 5</b>		
15 minutes	Constructing a Soda Bottle Trap, pg 27 <i>Reel in the Fun</i> or Building a Mesh Net, pg 29, <i>Reel in the Fun</i> Have half of the group make each type of collecting device	See <i>Tackle Box</i> , pg 26, <i>Reel in the Fun</i> See <i>Tackle Box</i> , pg 28 <i>Reel in the Fun</i>
15 minutes	What's Bugging You?, pg 20, <i>Cast into the Future</i>	copy of insect pictures
30 minutes	What's in the Water? pg 28, <i>Reel in the Fun</i> Trapped in a Bottle, pg 26, <i>Reel in the Fun</i>	Paper, pencils, markers Oxygen test kit microscope if possible
<b>DAY 6</b>		
15 minutes	Fishing by the Rules, pg 18, <i>Reel in the Fun</i> Sportfishing Ethical Compass, pg 19, <i>Reel in the Fun</i> Fishing in the Present, pg 59, <i>4-H Fish Iowa</i>	Fishing regulation guidebook
15 minutes	Fishing Dilemmas, pg 22, <i>Cast into the Future</i>	Copy of the situations
30 minutes	Fishing Deeper, pg 19, <i>Reel in the fun</i> • Invite a conservation officer to talk with your group about responsible angling	Questions that the youth prepare before the visit
<b>DAY 7</b>		
30 minutes	Safe Fishing, pg 34, <i>4-H Fish Iowa</i> Boating Safely, pg 22, <i>Helper's Guide</i>	Boat safety checklist
30 minutes	Planning a fishing trip, pg 20, <i>Helper's Guide</i>	See <i>Tackle Box</i> , pg 20, <i>Helper's guide</i>
<b>DAY 8</b>		
30 minutes	Sharing the Adventure, pg 5, <i>Cast into the Future</i>	Fishing supplies
30 minutes	A fine Kettle of Fish, pg 14, <i>Reel in the Fun</i> Handling the Catch, pg 36, <i>4-H Fish Iowa</i> Cooking the Catch, pg 38, <i>4-H Fish Iowa</i>	Cooking supplies Fish Recipes