

# Fishing in Schools



# Who Am I ?

- ★ PE teacher at Middletown Elementary School
  - Frederick County, VA
- ★ National Fishing in Schools Program Certified (NFSP)
- ★ I believe in physical activity for a lifetime

Physical Activity For A Lifetime

1. Making a successful cross curricular unit
2. How to successfully catch and release
3. Creating an “even playing field”
4. Getting my students interested in activities outside



# Goals of Fishing in Schools

#### Virginia Standards of Learning (2022)

1. **3.1a:** Demonstrate the critical elements of **eye-hand coordination** skills for dribbling with dominant/preferred hand while finding open spaces, **overhand/underhand throwing** and catching with a partner, underhand throwing and rolling at a target, and volleying consecutive upward with hand(s) or with a **short/long implement**/noodle and striking/batting a ball off a tee using hard and soft force with control.
2. **4.5e:** Explain the importance of hydration.
3. **5.5c:** Explain the purpose of vitamins and minerals

#### Virginia Standards of Learning (2022)

1. **1.5c:** Explain why the body needs water
2. **1.5d:** Explain that food provides energy for physical activity
3. **2.1c:** Demonstrate at least two critical elements of eye-hand coordination skills for dribbling with the dominant/preferred hand while walking, **overhand throwing**, underhand throwing and catching individually and with a partner, **underhand throwing and rolling to a target**, and consecutive upward volleying with hand(s), with a **short-/long-handled implement** or noodle and striking/batting a ball off a tee using hard and soft force with control.

# P.E. SOLs

### VA Science SOLs:

**3.5:** The student will investigate and **understand that aquatic** and terrestrial ecosystems support a diversity of organisms. Key Ideas include

- a) Ecosystems are made of living and nonliving components of the environment; and
- b) Relationships exist among organisms in an ecosystem.

**4.3:** The student will investigate and **understand** that organisms, including humans, interact with one another and with the nonliving components in the ecosystem. Key ideas include

- a) Interrelationships exist in populations, communities, and ecosystems
- b) **food webs show the flow of energy** within an ecosystems

### VA Science SOLs:

**1.5:** The student will investigate and **understand** that animals, including humans, have basic life needs that allow them to survive. Key Ideas include

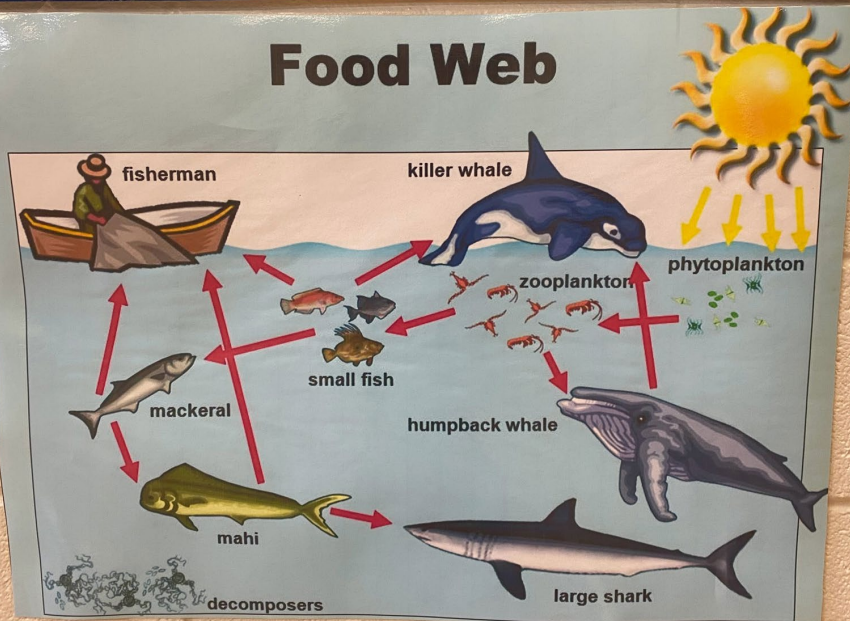
- a) animals need air, food, water shelter, and space (habitat)

**2.5:** The student will investigate and **understand** that living things are part of a system. Key ideas include

- b) An animal's habitat provides all of its **basic needs**; and
- c) Habitats change over time due to many influences

# Living Systems SOLs

## Food Web



## Food Chain



## Three Jobs:

- ★ Fisher
- ★ Netter
- ★ Handler

## Bonus Job:

- Ss Checklist



# Catch and Release

## National Fishing in Schools Website

<https://fishinginschools.org/>

## Student Checklist

<https://docs.google.com/document/d/1pzgCHgMloZ3pqFnBaQ5IPBfBycANaqOVhMmExatrpLw/edit?usp=sharing>

## Fish Chart

<https://docs.google.com/document/d/1mSsKwQkA5mFz7N9rY5rsTr3e0Hd4inp0QWtRaUKFaws/edit?usp=sharing>

# Resources

X Handle (Formally  
Twitter)

MCarter\_PE



Presentation Slides

