

Recreation & Leisure  
Lesson Plan - Developing  
Fishing

**Instructional Area:**  Leisure       Community       Home Living / Daily Living  
**Ability Level:**       Emerging       Developing       Mastery

**Topic / Skill Outcome:**

- Fishing

**Learning Area(s):**

- Physical Education / Recreation & Leisure
- Math & Science
- Communication
- Literacy
- Vocational
- Social Studies
- Personal Resource Management

**Purpose of Lesson / Objective:**

- Improve student's knowledge and skills in the area of fishing and knowledge and skills in the area of fishing while emphasizing personal safety in and around water

**Materials / Equipment / Environment:**

- Fishing poles with line (closed reels) with a rubber bobber
- A target
- More advanced classes:
  - Assorted lures and barb-less hooks if live bait is used
  - Bobbers
  - Split shot
  - Nets
  - Practice casting bobber
  - Life vests
  - Bait

**Group Size:** 2-8

**Time Required:** 30 minutes, flexible

**Lesson Procedure:**

1. Emphasize water safety and what the object of fishing is
2. The object would be to use some sort of bait that would attract fish enough to bite it as food
3. Reel the fish in
4. Arrange the students in groups of two
5. Have the students hold the pole in their hands
6. Then show them how to cast the bait toward fish in the water
7. Push the button and hold in until the pole is moved from behind to a forward and slightly upward motion, letting the button release at the appropriate time
8. You have three options, after you reel in:
  - a. First you could cast out again
  - b. Second re-bait hook
  - c. Third you could change your lure
9. Repeat as time permits
10. If fish is caught unhook and decide if it should be kept or released

**Carry Over / Related Activities:**

- Talk about the rules and regulations of fishing and water/boat safety
- Discuss water safety from the dock or shoreline
- Wearing an approved life jacket while in the boat

**Supporting Activities / Possible Adaptations:**

- Show a beginning fishing video that is geared to your student's ability level.  
Simulation of casting and reeling

**Strategies for Participation:**

- Encouragement, high fives and contests for fish caught

**Student Reaction / Evaluation:**

- Individual fishing log for the size, type and area

**Lesson Support:**

It should be noted that each student would have and be at different ability levels. The instructor should adapt each task or lesson to the student's ability and needs. The goal or objective of each fishing lesson should to improve the student's overall knowledge about fishing, water safety, and help gain an appreciation in Physical Education / Recreation & Leisure and everyday activities.