

# INTEGRATED FLY FISHING MODULE



Lessons in this module were contributed by **Tracy Krause**, a physical education teacher at Tahoma High School in Maple Valley, WA.

Grade-Level Outcomes Addressed, by Lesson	Lessons														
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
<b>Standard 1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</b>															
Demonstrates competency and/or refines activity-specific movement skills in 2 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games). (S1.H1.L1)	P	P	P	P	P	P	P	P		P	P	P		P	P
<b>Standard 2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</b>															
Applies the terminology associated with exercise and participation in selected individual-performance activities, dance, net/wall games, target games, aquatics and/or outdoor pursuits appropriately. (S2.H1.L1)	P	P	E		P	P	P	P	P	P	P	P	P	P	
Identifies and discusses the historical and cultural roles of games, sports and dance in society. (S2.H1.L2)		E							P		E		E		
Uses movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill. (S2.H2.L1)			E	E						E	P	E			
<b>Standard 3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</b>															
Identifies issues associated with exercising in heat, humidity and cold. (S3.H3.L1)														E	
Evaluates—according to their benefits, social support network and participation requirements—activities that can be pursued in the local environment. (S3.H4.L1)							P								
Applies stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress. (S3.H14.L2)											E				
<b>Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.</b>															
Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed. (S4.H1.L1)					E										
Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance. (S4.H2.L1)		P													P
Examines moral and ethical conduct in specific competitive situations (e.g., intentional fouls, performance-enhancing substances, gambling, current events in sport). (S4.H2.L2)									E						
Uses communication skills and strategies that promote team or group dynamics. (S4.H3.L1)			P					E							
Solves problems and thinks critically in physical activity and/or dance settings, both as an individual and in groups. (S4.H4.L1)	E														
Accepts others' ideas, cultural diversity and body types by engaging in cooperative and collaborative movement projects. (S4.H4.L2)						E									
Applies best practices for participating safely in physical activity, exercise and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection). (S4.H5.L1)		E											P		
<b>Standard 5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</b>															
Analyzes the health benefits of a self-selected physical activity. (S5.H1.L1)							E								
Chooses an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity. (S5.H2.L2)															E
Selects and participates in physical activities or dance that meet the need for self-expression and enjoyment. (S5.H3.L1)		E					E								

P = Primary; E = Embedded