

# Unit 3: Angler Education



# 03: Know Your Knots



# PE National Standards



**Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns**

**S1.H1 Lifetime activities**

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).<sup>24</sup> (S1.H1.L1)

**S1.H3 Fitness activities**

Demonstrates competency in 1 or more specialized skills in health-related fitness activities. (S1.H3.L1)

**S1.M22 Outdoor pursuits**

Demonstrates correct technique for basic skills in 1 self-selected outdoor activity. (S1.M22.6)

**Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and other s.**

**S4.H5 Safety**

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)

**S4.H2 Rules & Etiquette**

Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance. (S4.H2.L1)

**Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.**

**S5.M6 Social interaction**

Demonstrates respect for self by asking for help and helping others in various physical activities. (S5.M6.8)

**S5.E3.M22 Self-expression & Enjoyment**

Demonstrates correct technique for basic skills in 1 self-selected outdoor activity. (S1.M22.6)



## TEKS 116.63 The student is expected to:

- c1(A) demonstrate execution of basic skills in lifetime recreation and outdoor pursuits.
- c1(B) apply the rules and strategies of the selected lifetime recreation and outdoor pursuits.
- c1(C) design a conditioning program for the selected lifetime recreation and outdoor pursuits.
- c2(A) modify movement during performance using appropriate internal and external feedback.
- c2(B) identify critical elements for a successful performance during a specific activity.
- c3(A) participate in lifetime recreational and outdoor pursuits that provide enjoyment and challenge.
- c3(B) describe training principles for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance.
- c3(C) establish realistic and challenging health-related fitness goals.
- c3(D) select and use appropriate technology tools to evaluate, monitor, and improve health-related fitness.
- c5(A) list and describe safety equipment used in selected lifetime recreation and outdoor pursuits.
- c5(B) explain and follow safety procedures during selected lifetime recreation and outdoor pursuits.
- c5(G) design safe practices and procedures to improve skill during an activity.



# Introductory Activity

List 4 pieces of terminal fishing tackle you learned about while completing your “Gallery Walk”. Explain the specific use of each in setting up your rod and reel for fishing. When you have finished your journal entry login to [quizlet.com](https://quizlet.com) to review rods, reels, and terminal tackle.



# Cardiorespiratory Component

**Students will estimate how far they can walk in a 5 minutes period; record their estimated time in their “Get Fit Fishing Log.” Have students walk over a measured distance for a 5 minute period; record the distance traveled in their log. Discuss the importance of cardiovascular fitness when hiking on a fishing trip. The students will then establish a goal for the next walking session. This activity could also be completed using pedometers. The students can estimate how many steps they will take in the 5 minute period; complete the walk, and then establish a new goal for more steps.**



# Using the Correct Knot



## EASY FISHING KNOTS

When learning how to tie a fishing knot, here are 4 easy knots every angler should know.

[LEARN MORE](#)



## FISHING LOOP KNOTS

Learn these easy fishing knots that will allow your hook or lure to move around.

[LEARN MORE](#)



## FISHING LINE JOINING KNOTS

Learn how to tie fishing line together with different knot types to catch more fish.

[LEARN MORE](#)



## BRAIDED LINE KNOTS

Learn types of fishing knots and rigs to use with braided line, and other fishing tips.

[LEARN MORE](#)



## FISHING RIGS

Learn these basic saltwater fishing rigs with easy to follow instructions and videos.

[LEARN MORE](#)



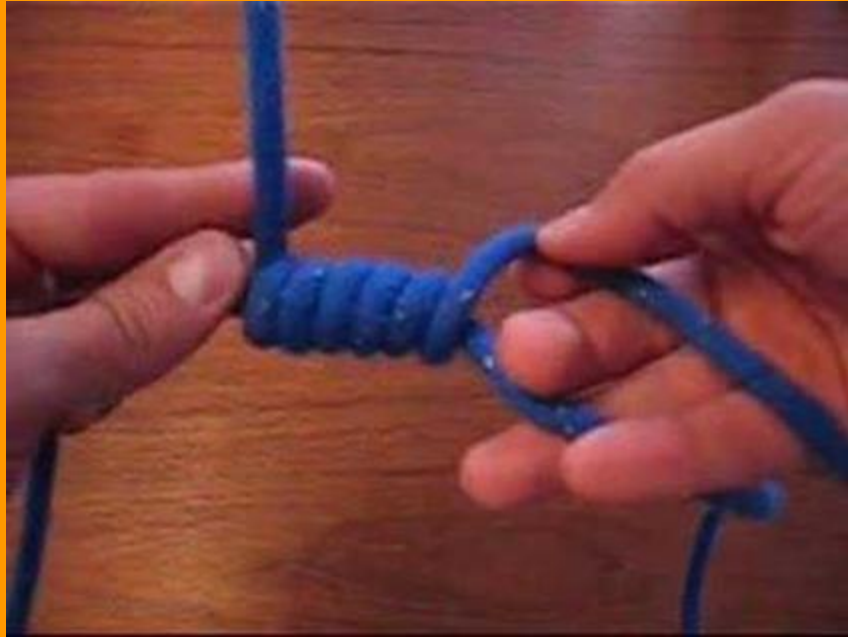
## BASS FISHING RIGS

Knowing how to tie a fishing knot of this type will keep your tackle on your line.

[LEARN MORE](#)



# Activity 1: Blood Knot | How to tie a Blood knot



**After watching the video, have students pair up and practice tying this knot using a cotton cord/shoe string and eye bolt.**

**CLICK TO PLAY**





## Activity 2: Arbor Knot | How to tie an Arbor knot

**After watching the video, have students pair up and practice tying this knot using a cotton cord/shoe string and eye bolt.**



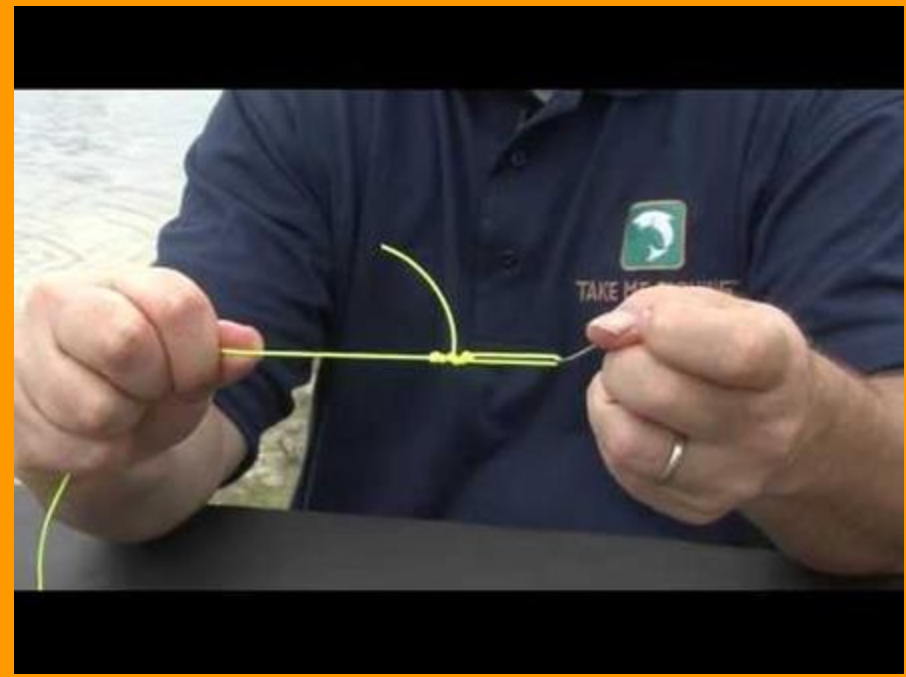
**CLICK TO PLAY**



# Activity 4: Improved Clinch Knot | Improved Clinch Knot

After watching the video, have students pair up and practice tying this knot using a cotton cord/shoe string and eye bolt.

CLICK TO PLAY



# Activity 5

**Students will pair up and complete the following tasks:**

**Assemble rod and reel**

**Attach weight, bobber and hook using the appropriate knot**



## Activity 6

**Students will complete each of the knots used to attach hook to the fishing line. Use fishing line and a paperclip as the hook. Tape the completed knot to a paper; label it; choose your favorite and explain why it is your favorite.**

