

# FLAGHOUSE Activity Guide

## Rubber Fish

Item #790

### Integration Concepts For Incorporating Rubber Fish Into Your Physical Education Curriculum

1. Identify ancient/current cultures in which fishing plays an important role in the community.  
*Example-early Hawaiian cultures.*
2. Identify the various skills needed to be successful at fishing in this culture.  
*Examples-to be able to work independently and cooperatively with a group, swimming skills, quick reaction skills, and good hand/eye coordination.*
3. Identify the various methods used for fishing in this culture.  
*Examples-hand, slip-noose, nets (gill, seine, scoop, bag, etc.), traps, and hook and line.*
4. Identify the sports and games played by the members of the community to practice the skills necessary for fishing.  
*Examples-Kaupua: diving for a half-submerged object and Aho Loa: Long Breath.*

### FlagHouse Rubber Fish Games

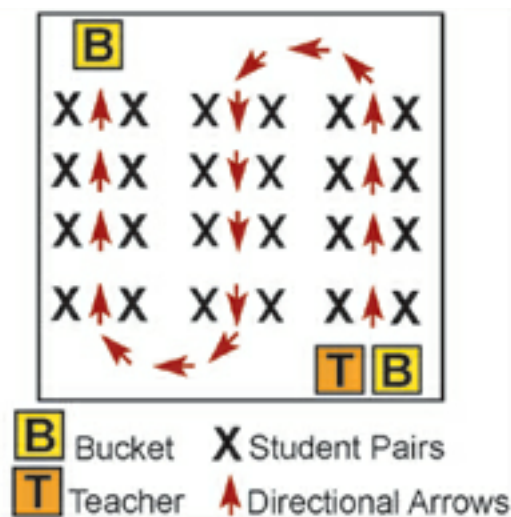
#### Flying Fish

##### Equipment:

- Item 9713 Flip N' Catch nets (one net per student)
- Rubber fish (at least one per student - the more the better)
- Stopwatch
- Large bucket (a large hula hoop will work)

##### How to play:

Students will work with a partner. Each set of partners will have a Flip N' Catch Net (bath towels and pillowcases work also). Arrange students in pairs so that they are in a line formation throughout the gymnasium. Use as much of the gym as possible, as the students will be tossing the fish from net to net following a predetermined pattern. (See diagram below).



The instructor will start the activity by tossing a fish to the first set of partners (pair #1). Pair #1 must catch the fish in the net and then toss the fish to the next set of partners. Partner sets continue to catch and toss the fish until the last set of partners receives the fish. The last pair of partners must use the net to toss the fish into a large bucket. Each fish that makes it into the bucket scores a point. If the fish is dropped at any time, it is out of the game (the "one that got away" syndrome).

Practice the pattern a few times. After the students understand the pattern, the instructor will continually toss fish to the first pair of students. The less time allowed between fish, the more exciting and challenging the game becomes.

At the end of the game, count the number of fish that have ended up in the bucket.

##### Skill and concept practice:

Prior to playing the game, allow the students to work in small groups of four. They should practice tossing and catching the rubber fish with the net. Discuss the importance of tracking the object, moving to the object, and using appropriate force.

##### Challenges:

Give the students a time limit in which to complete the game. Arrange the student pairs in a scattered formation so that it is more difficult to remember the pattern, and toss and catch the fish. Or, increase the distance between the student pairs.

#### Flip Flop

##### Equipment:

- Hula hoops (2 per team)
- Rubber fish (at least one per student - the more the better)
- Stopwatch.

##### How to play:

Arrange the students in lines of four to six team players. Each team will have two hula hoops. One hoop will be the "pond" and will contain all the fish for the team. The other hoop will be the "basket" and will contain all the fish the team has caught (by successfully passing the fish among the team members).

The first student in the line will hold the fish by the tail and pass it back over his/her head to student # 2. Student #2 will receive the fish by the head and pass it under his/her legs to student #3. Student #3 will receive the fish by the tail and pass it back over his/her head to student #4. Student #4 will receive the fish by the head and pass it back under his/her legs to the next student.

Continue alternating the over/under and the head/tail pattern until all team members have received the fish. When the last player receives the fish, he/she will yell "Flip-Flop" and the entire team will turn to face the opposite direction and pass the fish back through the line.

Students may pick up any fish that is dropped on the floor.

When the fish returns to the first student, he/she will yell "Flip-Flop" (the team members will once again turn forward), and then take another fish from the "pond".

**Skill and concept practice:**

Prior to playing the game, allow students to practice the skill of handing off an object. Discuss the importance of looking for your partners' hands when passing the fish, waiting until your teammate has control of the fish before you let go, using the appropriate amount of force, and using the appropriate speed.

**Challenges:**

Perform the activity as a timed event and/or increase the distance between the students.

**Bag the Bass**

(aquatic game)

**Equipment:**

- A swimming pool
- Large bucket or hula hoop
- Stopwatch
- Rubber fish (at least one per student).

**How to play:**

Toss the fish to the shallow end of the pool. Working in small teams, the students will catch (pick up the fish) and put them in the "bag" (the bucket or hula hoop). One student will remain on the pool deck to receive the fish (may be handed or tossed) and place it in the "bag".

Students do not have to go underwater to "catch" the fish until all of the fish are to be collected from the bottom of the pool.

**Skill and concept practice:**

Prior to playing the game, allow the students to practice retrieving an object from the pool bottom and tossing/handing the object to a person on the pool deck. Discuss the principles of how to go underwater to retrieve an object and how to use the strengths of team members to achieve a goal. Also discuss the advantages and disadvantages of handing/tossing the fish to the player on the deck and the phenomenon of object distortion by the water (a great science concept).

**Challenges:**

Time each team. The team with the lowest time is the winner. Or, increase the depth at which the students need to retrieve the fish, but be sure to only use this challenge with advanced swimmers. Provide students with long-handled nets for scooping fish.



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**In the US:** FlagHouse, 601 FlagHouse Drive, Hasbrouck Heights, New Jersey 07604-3116 Phone 800.793.7900 201.288.7600 Fax 800.793.7922

**In Canada:** FlagHouse Canada, 235 Yorkland Blvd., Suite 105, North York, Ontario M2J 4Y8 Phone 800.265.6900 416.495.8262 Fax 800.265.6922

**International Customers:** FlagHouse, 601 FlagHouse Drive, Hasbrouck Heights, New Jersey, 07604-3116 USA Phone 201.288.7600 Fax 201.288.7887