

# JUNIOR SAINTS ACTIVITY PLAN

AGES 7–11

## FISHING

INTELLECTUAL CORE

Version 2026.1



## Name the Fish, Tie the Knot

*Try the parts of fishing you can practice without a hook.*

🕒 60 minutes · one session

### 🎯 WALK AWAY WITH

- Has tied a knot with a shoelace and pulled it tight.
- Has swung a practice rod inside a marked casting lane.
- Can name five fish on sight from the card.
- Knows three plain rules a good angler keeps at the water.

### 📦 BRING / SET UP

- A shoelace or short rope (about 2 feet) for each Junior Saint
- A practice rod or stick, with a soft weight or rubber casting plug tied on (no hook)
- Printed fish-ID card (one per Junior Saint, or one for the group)
- Cones or marks for a casting lane in a yard or open room
- Paper and a pencil for each Junior Saint

### FOR THE LEADER

This is a Junior Saints preview of the **Fishing** badge. No advancement credit is earned here — the goal is to introduce these concepts to Junior Saints alongside the older Saints Global youth working the full BRC. The 4-session Saints Global arc lives under *Activity Plan (SG)* in the BRC builder.

## NAME THE FISH, TIE THE KNOT (PAGE 1 OF 2)

## THE HOUR

BLOCK 1 · DISCUSSION **Opener — Welcome circle**

⌚ 5 min

Stand in a circle. Each Junior Saint says his name. Then he names one fish he has seen, or one place he has seen fish. Examples: a pond, a creek, a fish tank, a stream on a hike. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE **Tie a knot with a shoelace**

⌚ 12 min

1. Hand each youth a shoelace. The shoelace is the fishing line today.
2. The leader shows the overhand knot once, slow. Then again. No talking the second time.
3. Each youth ties one knot. Pull both ends. A good knot does not slip.
4. Try a slip knot next. Make a loop. Pass the end through. Pull.
5. Teaching point: a real fishing knot holds a fish. Practice on the shoelace first.

BLOCK 3 · PHYSICAL **Swing the rod, no hook**

⌚ 15 min

1. Set two cones five steps apart. That is the casting lane.
2. Safety: there is no hook today. We are learning the swing only.
3. Stand sideways at the first cone. Hold the rod with both hands.
4. The leader shows the swing once. Tip up, then forward, let go gently.
5. One youth at a time. The rest stand behind the line and watch.
6. Each youth gets three swings. Try to land the weight near the second cone.

BLOCK 4 · SKILL PRACTICE **Name five fish**

⌚ 12 min

1. Hold up the fish card. Read the five names out loud: bluegill, bass, trout, catfish, crappie.
2. Look at each picture. Name one thing that makes it different. Whiskers, spots, a wide mouth.
3. Cover the names. The leader points at a fish. The youth shout the name together.
4. Each youth picks his favorite fish and tells the group why.
5. Teaching point: a good angler names the fish before he keeps it or lets it go.

BLOCK 5 · DISCUSSION **The rules at the water**

⌚ 10 min

1. Sit in a circle. The leader names three rules a good angler follows.
2. Rule 1: wear eye protection when other anglers are casting near you.
3. Rule 2: stand a rod's length away from the next angler.
4. Rule 3: take your trash home. Lost line hurts birds and fish.
5. Each youth picks one rule and says it back in his own words.
6. Teaching point: a real hook can hurt. Older Saints learn safe hook care. We start with the rules.

## NAME THE FISH, TIE THE KNOT (PAGE 2 OF 2)

## THE HOUR — CONTINUED

BLOCK 6 · REFLECTION **Close — Stretch and cheer**

⌚ 6 min

1. Stand in a circle. Roll your shoulders slowly. Hold for ten seconds.
2. Drink water.
3. Each Junior Saint says: 'I tied \_\_\_ knots and named \_\_\_ fish.' Just the numbers.
4. Group cheer: 'Name the fish!' Three times.
5. Homework: show your parent one knot you tied today before bed.

## AT THE CLOSE · DEBRIEF

1. Which fish on the card had whiskers?
2. How many swings did you take with the rod?
3. Tell me one rule a good angler keeps at the water.

☒ *This is a Junior Saints preview session. No Fishing BRC requirements are earned here — the goal is to introduce the parts the older Saints will work on, without using a real hook.*

HANDOUT 1 OF 1

FROM SESSION — NAME FIVE FISH

# Five Fish to Know

Print and hold up while the youth name the fish.

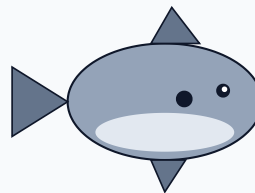
## FISHING · JUNIOR SAINTS CARD

### Five fish to name on sight.

A good angler can name the fish before he keeps or lets it go.

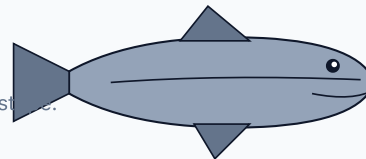
#### 1 Bluegill

A small round fish with a dark spot near the gills.  
*Lives in ponds. Easy to catch on a worm and a bobber.*



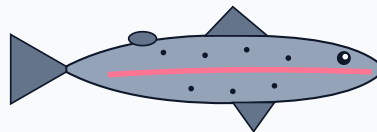
#### 2 Largemouth Bass

A long green fish with a wide mouth and a dark side stripe.  
*Lives in lakes near weeds and logs. Hits a lure.*



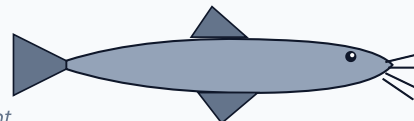
#### 3 Rainbow Trout

A slim spotted fish with a pink stripe along its side.  
*Lives in cold streams. Likes small flies and worms.*



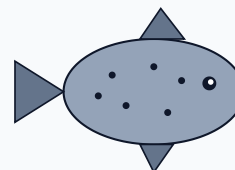
#### 4 Catfish

A flat-head fish with whiskers under its mouth.  
*Lives near the bottom of muddy water. Bites at night.*



#### 5 Crappie

A round panfish with black speckles all over.  
*Lives near sunken brush. Bites a small jig.*



Name the fish first. Then choose: keep or let it go.

Print this handout for in-person reference during the session.