

**Recreation & Leisure
Integrated Skills Inventory
Sub Area: Outdoor Recreation**

Skills	Rating						
	Emerging		Developing			Mastery	
	1	2	3	4	5	6	7
Fishing							
Calls DNR about needing/obtaining a fishing license							
Obtains a fishing license							
Identifies fishing as a recreational activity whereby people use various baits, tackle, and methods to catch fish							
Identifies the dangers associated with lakes, rivers, and water							
Identifies the importance and safety of fishing							
Takes all the necessary precautions to insure their safety in and around these areas							
Obeys <u>all the rules and regulations</u> set forth by the Department of Natural Resources in regards to fishing and boat safety							
Demonstrates basic first aid							
Handles the fishing equipment (hooks and lures) in a safe way							
Holds a fishing pole with one hands							
Holds a fishing pole with two hands							
Casts a fishing line with rubber bobber 5 feet and reels the bobber back							
Casts underhand 10 feet and reel the bobber back							
Casts underhand a 20 feet and reel the bobber back							
Casts towards a target							
Handles fishing equipment such as weights, bobbers, swivels, and nets							
Ties or attaches hooks and lures to line to make them fishing ready							
Baits hook using worms or leeches							
Identifies how various types and sizes of lures and hooks can catch various kinds of fish							
Identifies at least 2 kinds of native fish							
Identifies at least 5 kinds of native fish							
Identifies at least 10 kinds of native fish							
Properly handles and unhooks caught fish							
Identifies simple concepts of fish conservation							
Dresses appropriately for all weather conditions							
Identifies fishing as a sport and a means of harvesting a food source							
Puts fishing pole and equipment away safely							

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	1	2	3	4	5	6	7
Preparing fish to eat							
Remove scales							
Remove guts							
Filets fish							
Cleans area when finished							
Demonstrates knife safety							
Bike Riding							
Locates bike							
Locates helmet							
Put helmet on correctly front to back							
Asks for help if needed							
Connects chin strap							
Determines distance and/or duration of bike ride							
Puts up kickstand							
Walks bike to safe starting place with kickstand up							
Puts the kickstand down							
Stands on one side of the bike							
Facing forward, places one hand on each handle bar							
Put up the kickstand with a foot							
Lifts leg over the middle of the bike to straddle it, facing forward with feet on the ground							
Sits down on the bike seat							
Places one foot up on the same side pedal							
Pushes off forward with the second foot still on the ground							
While moving forward, brings the pushing foot up to the same side pedal							
While pedaling, steers safely with head up							
Follow safety rules on bike path and/or street safety rules							
Remains alert and attentive to surrounding area/traffic							
Maneuvers safely through crowded areas							
Adjusts speed as necessary, either speed up or slow down depending on the situation							
Brakes/stops							
Stays with the group							
Rides to designated place or for agreed time							
Return bike safely to designated place							
Get off bike and put kickstand down							
Stores bike standing up							
Removes helmet and places in storage location							

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Frisbee Golf								
Grips foam Frisbee with one hand								
Grips a rubber Frisbee disc with one hand								
Throws a Frisbee using any throwing motion with correct grip								
Throws a Frisbee using good form (extension of arm/stepping-through with legs)								
Runs a few steps and then throw the Frisbee to gain momentum and speed								
Throws a Frisbee towards a target 4 out 5 times								
Throws a Frisbee 5 feet								
Throws a Frisbee 10 feet								
Throws a Frisbee 15 feet								
Throws a Frisbee 20 feet								
Picks up the Frisbee								
Locates a Frisbee golf course								
Goes to the starting point of the course								
Looks at the map of where the hole/cage is located								
Locates the hole by pointing in the direction of the hole								
Moves freely and easily around a Frisbee golf course								
Watches and follows a thrown Frisbee								
Finds a (his/her) thrown Frisbee								
Follow arrows/map to next Frisbee hole location								
Asks for help if needed								
Takes turns								
Follows the rules for Frisbee golf								
Estimates how many throw it takes to reach the hole								
Count how many throws it takes to reach the hole/cage								
Keeps score								
Keeps scores on a score card								
Puts equipment away								
Uses good sportsmanship								

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Horseshoes	1	2	3	4	5	6	7
Holds a rubber horseshoe with 2 hands							
Holds a rubber horseshoe with one hand							
Holds a regulation horseshoe with one hand							
Throws underhand a rubber horseshoe 10 feet							
Throws a regulation horseshoe underhand 10 feet							
Throws underhand a rubber horseshoe 10 feet within 3 feet of a target							
Throws underhand a regulation horseshoe 10 feet within 3 feet of a target							
Throws underhand a rubber horseshoe 10 feet within 1 foot of a target							
Throws underhand a regulation horseshoe 10 feet within 1 foot of a target							
Throws underhand a rubber horseshoe 20 feet							
Throws a regulation horseshoe underhand 20 feet							
Throws underhand a rubber horseshoe 20 feet within 3 feet of a target							
Throws underhand a regulation horseshoe 20 feet with within 3 feet of a target							
Throws underhand a rubber horseshoe 20 feet within 1 foot of a target							
Throws underhand a regulation horseshoe 20 feet within 1 foot of a target							
Throws underhand a rubber horseshoe 30 feet							
Throws a regulation horseshoe underhand 30 feet							
Throws underhand a rubber horseshoe 30 feet within 3 feet of a target							
Throws underhand a regulation horseshoe 30 feet with within 3 feet of a target							
Throws underhand a rubber horseshoe 30 feet within 1 foot of a target							
Throws underhand a regulation horseshoe 30 feet within 1 foot of a target							
Takes turns							
Follows game rules (3-ringer, 2-leans or touches stake, 1-less than six inches away from stake)							
Keeps score							
Demonstrates good sportsmanship							
Respects equipment/course (no trash left behind)							
Gathers and returns equipment							

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Tennis	1	2	3	4	5	6	7
Requests to play tennis							
Locates an open tennis court							
Gathers necessary equipment							
Asks a partner to play							
Grips a tennis racquet using one hands							
Grips a tennis racquet using two hand							
Holds the tennis racquet in correct position							
Moves freely and easily around the tennis court area							
Keeps racquet face open during swinging motion							
Holds the tennis racquet straight above head							
Pushes and glides with one foot							
Bounces tennis ball and catches it							
Strikes at a moving tennis ball if tossed							
Moves towards a moving ball							
Returns the ball to intended target							
Bounces tennis ball, swing the racquet forehand and hits tennis ball over the net, 4 out 5 times from the mid court							
Bounces tennis ball, swings racquet forehand and hits tennis ball over the net back and forth to a partner, 4 out of 5 times from the mid court							
Bounces tennis ball, swings the racquet and hits the ball forehand over the net from the service line							
Bounces tennis ball, swings the racquet and hits the ball forehand over the net back and forth to a partner, 4 out of 5 times from the service line							
Tosses tennis ball straight up above the head, swings the racquet and hits the tennis ball overhand over the net							
Tosses tennis ball straight up above head, swings the racquet and hit the ball overhand over the net, 4 out of 5 times from the service line over the net to the opposite side of court according to rules							
Puts away materials							
Respectful of materials and court							
Demonstrates good sportsmanship							

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Wheeling							
Grasps the wheel with one hand							
Propels wheelchair 5 using one hand							
Propels wheelchair 5 feet in a straight line							
Propels wheelchair 20 feet using one hand							
Propels wheelchair 20 feet in a straight line							
Propels wheelchair 50 feet using one hand							
Propels wheelchair 50 feet in a straight line							
Stops wheelchair							
Maneuvers around people or obstacles							
Grasps the wheels with both hands							
Propels wheelchair 5 feet using both hands							
Propels wheelchair 5 feet in straight line							
Propels wheelchair 20 feet using both hands							
Propels wheelchair 20 feet in a straight line							
Propels wheelchair 50 feet using two hands							
Propels wheelchair 50 feet in a straight line							
Turns wheelchair around a right-hand corner							
Turns wheelchair around a left-hand corner							
Demonstrates wheelchair maintenance							