

# KNOTS, KNOTS, KNOTS!



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**OVERVIEW:** Students learn to tie 3 knots and then challenge one-another in a time trialed challenge!

## 21ST CENTURY SKILLS:

- Problem-solving
- Decision-making
- Communication
- Collaboration

## EQUIPMENT:

- 1/2 meter lengths of paracord for each participant
- Instruction cards for the knots
- 2 long ropes (5-10meters)

## STEPS:

1. Identify the 3 knots you wish to teach the students.
2. Have students practice and work together to learn how to tie the knots.
3. Collect the paracord and split students up into 2 teams. Give each team a long length of rope.
4. Inform the team they have 2 minutes to tie the rope around 1 tree and add as many knots into the rope as possible.
5. After 2 minutes the group switch and try to untie the other group's knots as quickly as possible and line the rope up on the floor in a straight line (to show that there are no knots in the rope).

## DEBRIEF

You can review the team work skills or have students review the knots that they've learned by demonstrating it to their friends or drawing instructions in their workbooks.

## NOTES

The actual knots that they tie in the tree don't have to be the ones that they learned. You can adjust the amount of time they have to tie around the tree. You can also have everyone but one person on each team blindfolded. The non blindfolded person can only command what the others do. If it's raining, you can have students tie the rope around a big table (lifting tables while untying is not allowed).