



Knot Tying

The Task

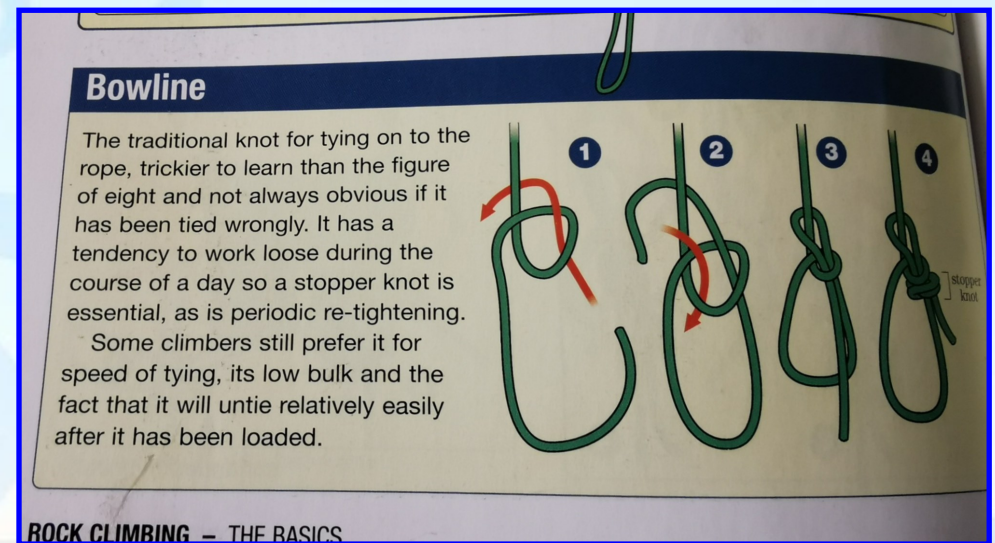
In teams of two, attempt to tie a Bowline with a stopper knot.

How?

Each student is given a 1-5 metre length of string / cord, then watches the instructional video (or reads the written / pictorial instructions) and attempts to tie the knot correctly (i.e. make it match the example picture).

Considerations

- Do some people prefer using the video or printed instructions if both are available?
- How can you reinforce the learning to reduce skill fade?
- Can the knot be tied blindfolded, with gloves on, behind your back, around a different object?



What will you need?

- A partner.
- Each person to have a 1.5 metre length of string / cord.
- Pictorial Instruction card or access to a pc, laptop or iPad to view the instructional video.





Knot Tying

Organisation & Layout

- Video tutorial can be watched in classroom prior to moving outdoors, and equipment handed out.
- Facilitator to demonstrate the task to pupils.
- This task can be undertaken both indoors & outdoors. If outdoors students would need copies of pictorial PDF.
- Pupils working in teams of two.
- Adequate space to allow safe working.

Learning Objectives

- Improved Fine motor skills, hand-eye coordination, survival skills, problem solving skills, life skills, confidence.
- Outcomes: Compare and contrast skillset pre/post activity.
- Curriculum Links: Technologies, STEM 2nd level and above.

Safety Information

- Do not tie the string around yourself or another person.
- Facilitator to maintain visual contact with students at all times.
- Dynamically Risk Assess session each time.
- Count out / in all lengths of rope prior / post session.

Review & Assessment

- Check each knot.
- What can the knot be used for?
- Try to tie the knot around an object, tie the knot with your eyes shut or behind your back.
- Teach someone else how to tie it.
- Try having a knot tying race.

Additional Links & Support

[Blairvadach Knot Tying—YouTube](#)

Book—Rock Climbing: Essential Skills & Techniques by Libby Peter

