

Basic Knots

Knots to Know

Learn the skills needed to thrive in an outdoor environment

Step

1

Learn Overhand, Square, and Slip Knots

1. Gather the girls up and explain “Today we are going to learn about different types of knots. What do you think we use knots for?” Knots can be used to tie things together, to stop rope from going through holes, to wrap rope around poles, etc. You use knots in activities like: sailing, climbing, caving, fishing, firefighting, truck driving and surgery.
2. “Awesome! Now, there are lots of different knots that exist and they all do different things. It’s important to learn how to tie different types of knots and what they are used for because if you use the wrong knot, it could be dangerous.”
3. Before going into the next steps, it might be helpful to print off images of the knots below so girls can see the diagrams as they are working on the knots.

Step

2

Overhand Knot

Materials Needed: 1 piece of rope about 3 feet long (yarn, ribbon, twine, shoelaces, all would work as well).

Overhand knots are used when just a simple knot is needed.

1. Make a “Q” shape. Cross the end of the rope over the top of the remaining rope, make a “Q” shape.
2. Tuck end through loop.
3. Tighten.
4. The easiest stopper knot to tie, the overhand is used to keep rope from

slipping out of a hole through which it has been threaded.

Practice tying the knot a few times.

Can you come up with any ways you could use this knot?

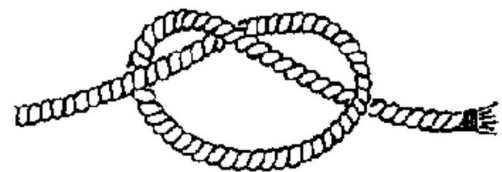


Fig. 5
Overhand Knot

Step

3

Square Knot

Materials Needed: 1 piece of rope about 3 feet long (yarn, ribbon, twine, shoelaces, all would work as well).

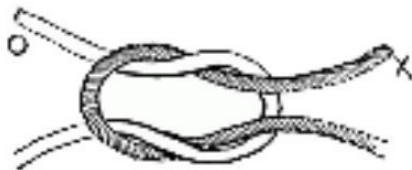
Square knots are used to join two pieces of rope that are the same width or two ends together.

1. Hold one end of a rope in your right hand and one end in your left to prepare to tie the knot. You can also use two different colored ropes which makes it easier because you can say red rope and blue rope instead of left and right hands.

2. Loop the right end over the left end all the way around (right over left).
3. Loop the left end, formerly the right end, over the right end all the way around (then left over right).
4. Pull on all four strands at the same time. This should tighten the knot into place, resulting in a square knot.
5. Practice tying the knot a few times.

Practice tying the knot a few times.

Can you come up with any ways you could use this knot?





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Step 4 Slip Knot

Materials Needed: 1 piece of rope about 3 feet long (yarn, ribbon, twine, shoelaces, all would work as well).

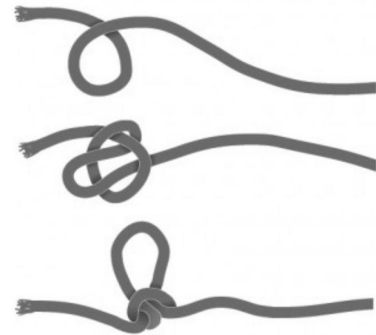
Slip knots are used when you need a loop that you can change the size of.

1. Hold the rope with two hands and form a loop by bringing the rope in the right hand under the rope in the left hand so that the rope crosses.
2. Secure the loop with your left hand where the rope crosses.
3. Reach your right hand through the loop and grab a hold of the rope on the left side.
4. Pull your right hand back through the loop.

5. Let go with your left hand, and then grab onto the two hanging ends.
6. To finish the slip knot, pull your hands away from each other, twisting your right hand clockwise until the knot is tight.

Practice tying the knot a few times.

Can you come up with any ways you could use this knot?



Step 5 Practice Time With All Three Knots

Materials Needed: 1 piece of rope about 3 feet long (yarn, ribbon, twine, shoelaces, all would work as well).

Have girls practice the three knots in order to help retain what they have just learned.

1. You can have the three types of knots written on pieces of paper and have girls draw a slip of paper. Then they complete

the knot on their paper. Repeat a few times.

2. Assign each knot a number and roll dice to practice tying the knot that comes up. Take turns rolling the dice.
3. Everyone tie one knot and check each other's knots. Do this for all three knots.