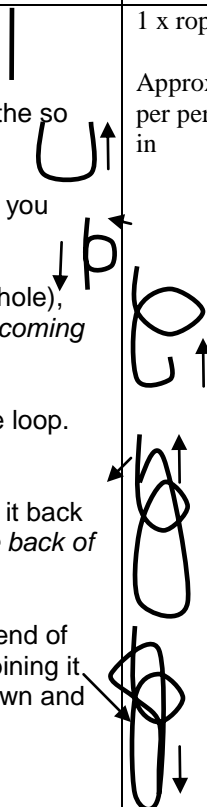


Outdoor Education Session Outline	Planned By: Grant Carr
Title: Knot a Challenge	Topic: Bush Skills
Key Competency: <i>Relating to others:</i> interacting effectively with team members. <i>Participating & Contributing:</i> children will work together for learning and recreation	Achievement Objectives: H&PE, B1 – learn the movement skills associated with school camp activities. C3 – develop individual and group trust through participating in co-operative but challenging outdoor adventure activities
Learning Intention: <i>The students will tie an appropriate knot for use in a given situation.</i> WALT: <i>tie a bowline in front of ourselves, around an object and around ourselves.</i>	
Special Features eg. cultural considerations, time required, appropriate venue... An activity for any situation, indoors or outdoors. With the tactile nature of ropes, this activity is very suitable for visually impaired students.	
Resources: Ropes (1 per student, at least 2m long), climbing harnesses (optional activity)	
Assessment /What would success look like: Formation of a correctly shaped knot that holds its shape when placed under load.	
Activity	Organisation / Management
<ol style="list-style-type: none"> 1. Lay the rope on the ground in a straight line, with one end at your feet and the remainder of the rope running away from you. 2. With your left hand, bring the bottom of the rope around and up to the right, the so that the rope makes the shape U. 3. Continue to bring the rope over the top of itself and back down again so that you have a straight rope with a loop in it. 4. Take the bottom of the rope again and pass it under the bottom of the loop (hole), and then bring it up and out of the hole. <i>This can be compared with a rabbit coming up and out of its hole.</i> 5. The end of the rope now passes behind the straight piece of rope above the loop. <i>Note: it must pass behind from the right to the left.</i> 6. Bring the rope end back around from the left hand side of the rope and pass it back down through the hole. <i>The rabbit has come out of its hole, gone around the back of the tree and now goes back down its hole.</i> 7. Take the top of the rope that runs away from you in your left hand, then the end of the rope that comes out from the bottom of the hole in your right hand, combining it with the rope that runs up through the hole, and gently pull the right hand down and your left hand up. 8. You now have a completed bowline! <p><i>Points to note:</i> At point 3, you need to make sure the loop sits on top of the rope and not underneath. Points 4-6, make sure you have spare rope underneath the knot, as this is the loop you will be testing for strength and using to put over an object. In later stages, it is also the loop through which your body fits.</p> <p><i>Next steps:</i> Tie the knot completely in your hands, with the left hand holding the loop and the right hand passing the rope down, around, up, through, around, down, through and tight. Tie with the loop running around an object such as a chair leg or branch. Tie the knot through a closed circle (you could partner up chn with one of them making a circle by claspng hands in front of them) Tie the knot with eyes closed Tie the knot with the loop around your back so that YOU are in the loop.</p>	 <p>1 x rope per person</p> <p>Approx 2 sq m area per person to work in</p>
Risk Management: /People, Environment, Equipment. When tying knots, be aware of rope burn. If using rope under 'load' (particularly as a safety line), have someone check the integrity of the knot before placing it under strain.	
Poor Weather Alternative: can be conducted inside or outside	