



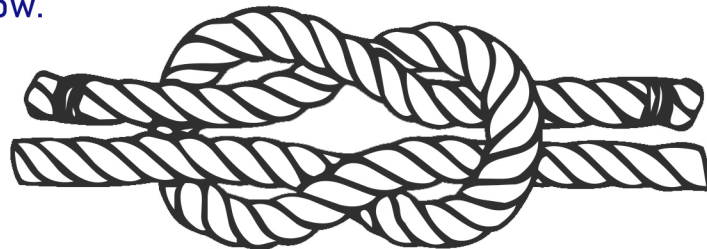
Knot Challenge

First we will need to get ourselves moving and warmed up, select two points in your outdoor space at least 5 steps apart. Try to get from one to the other by moving in different ways, start off by crawling, jumping, skipping, try your own ways of moving across the space. Challenge yourself to see if you can get from one object to the other with the lowest number of steps.

The main challenge:

1. List the knots that you already know.
2. Learn how to tie the knots. You can google the knots and find instructional videos on each knot if this is easier.
3. Challenge yourself, select one of the knots and see how many times you can tie and untie the knot in 5 minutes.
4. Once you have mastered the 3 simple knots (using the internet) try to find a new knot that you could learn. Draw/film a demonstration on how to tie the knot you have researched.

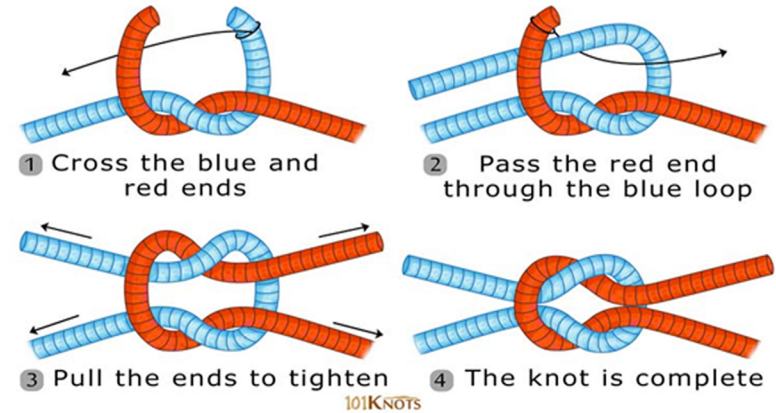
Task 1. List the knots that you already know.



Knot 1

Square (reef) knot is used to _____

Square (Reef) Knot Instructions



Knot 2

Half Windsor Knot.

List 3 other ways of tying a tie

1. _____
2. _____
3. _____

Half Windsor Knot Tutorial

