



## Daisy Outdoor Challenge #3

### Overhand Knot

**Materials:** small length of rope for each girl

**Objective:** Girls will be able to tie an overhand knot.

**Directions:**

**Activity One (Practice):**

1. Use the diagram and teach the basic knot terminology:
  - a. Working end – end of rope being used to tie the knot
  - b. Standing End – end of the rope you are not working with
  - c. Bight – bend in the rope
  - d. Loop – when one part of the rope is crossed over the other
2. Use the pictures and teach how to tie an overhand knot
  - a. Form a loop
  - b. Pass the working end through the loop
  - c. Pull tight
3. Practice the knot several times.

**Activity Two (Knot Relay):**

1. Place a rope at one end of the room and have the girls split into at least two groups at the opposite end of the room.
2. Explain that when the leader says go, one girl at a time from the group should walk to the other end of the room, pick up the rope and tie an overhand knot.
3. After the knot is tied, show the leader for correctness.
4. If correct, go back to the end of the line and sit down.
5. As the first girl passes the starting line, the second girl may go.
6. The first team to all be sitting down wins the race.

Multiple rounds can be completed with different locomotor movements – skipping, leaping, hopping, running, etc.

## **Overhand Knot**

**Step One:**



**Make a loop.**

**Step Two:**



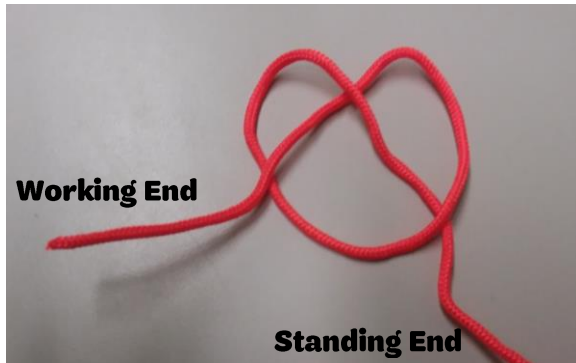
**Pass the working end through the loop.**

**Step Three:**



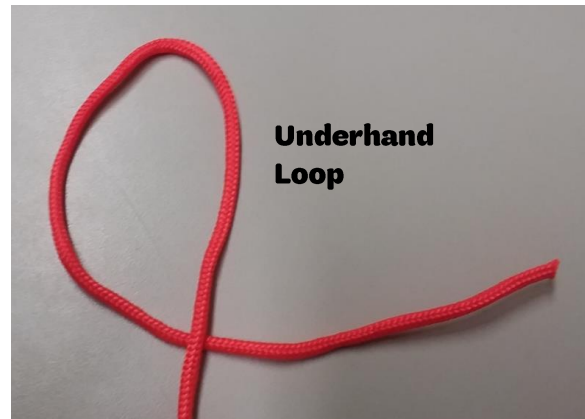
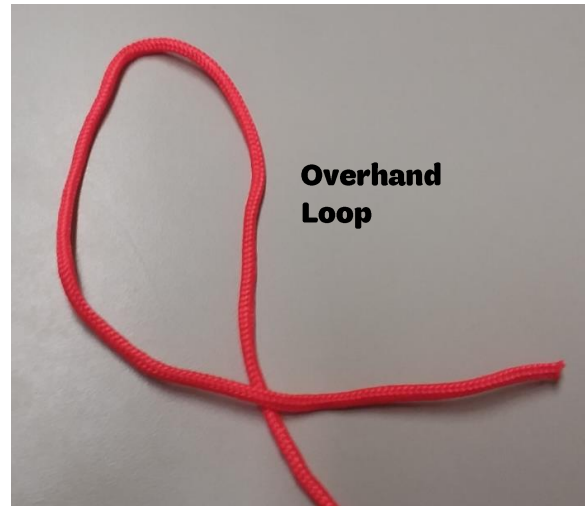
**Pull tight.**

## **Knot Terminology**



**Working End** – end of rope being used to tie the knot

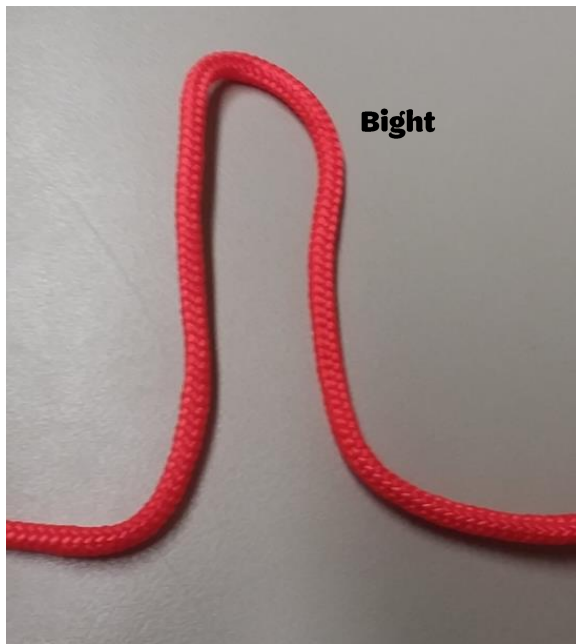
**Standing End** - end of the rope you are not working with



**Loop** – when one part of the rope is crossed over the other

**Overhand Loop** – working end passes over standing end

**Underhand Loop** – working end crosses under standing end



**Bight** – bend in the rope

## **Brownie Outdoor Challenge #3**

### **Square Knot**

**Materials:** small length of rope for each girl plus two extra

**Objective:** Girls will be able to tie a square knot.

**Directions:**

#### **Activity One (Practice):**

1. Use the diagram and teach the basic knot terminology:
  - a. Working end – end of rope being used to tie the knot
  - b. Standing End – end of the rope you are not working with
  - c. Bight – bend in the rope
  - d. Loop – when one part of the rope is crossed over the other
2. Use the pictures and teach how to tie a square knot
  - a. Hold one end in each hand, cross the rope on the right over the rope on the left
  - b. Continue under the rope on the left
  - c. Now take the rope on your left and cross over the rope on the right
  - d. Continue that end under the rope you just crossed over and pull tight
3. Practice the knot several times.

#### **Activity Two (Square Knot Relay):**

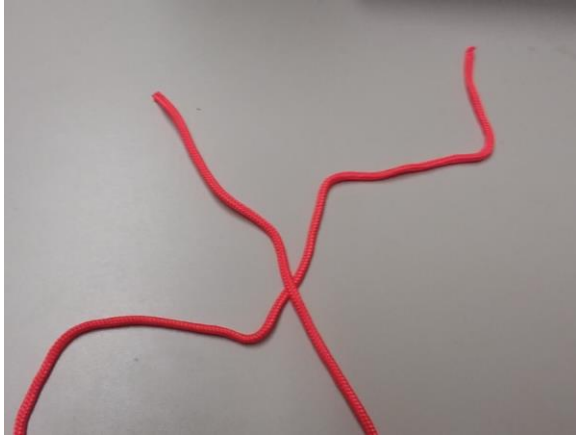
1. Place a rope at one end of the room and have the girls split into at least two groups at the opposite end of the room.
2. Give each girl a rope.
3. Explain that when the leader says go, one girl at a time from the group should walk to the other end of the room, pick up the rope and tie their rope to it with a square knot.
4. After the knot is tied, show the leader for correctness.
5. If correct, go back to the end of the line and sit down.
6. As the first girl passes the starting line, the second girl may go.
7. The first team to all be sitting down wins the race.

**Multiple rounds can be completed with different locomotor movements – skipping, leaping, hopping, running, etc.**

## Square Knot

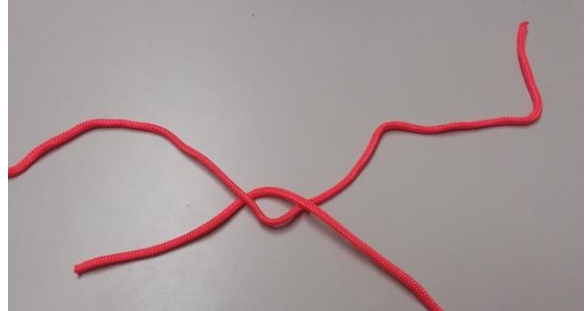
I always remember "Right over left and around, left over right and around."

### Step One:



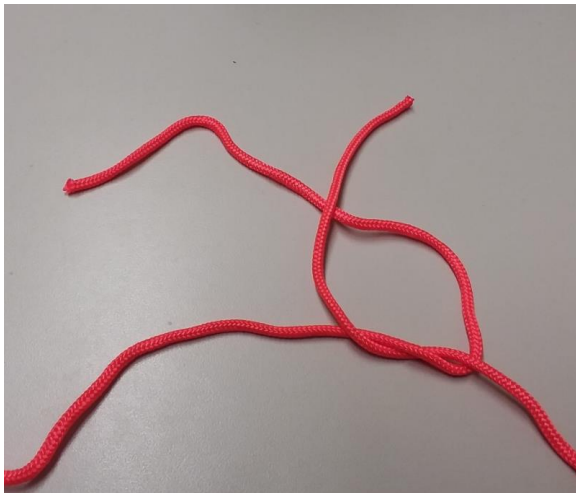
**Hold one end in each hand, cross the rope on the right over the rope on the left.**

### Step Two:



**Continue under the rope on the left.**

### Step Three:



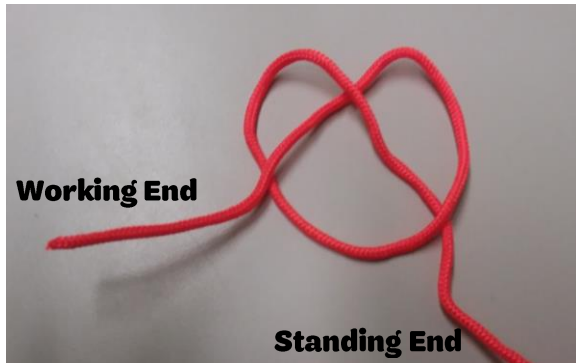
**Now take the rope on your left and cross over the rope on the right.**

### Step Four:



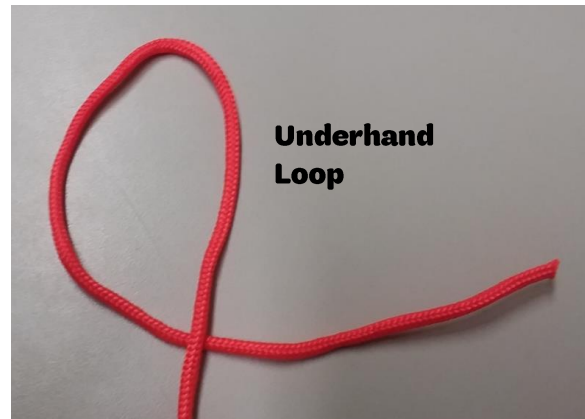
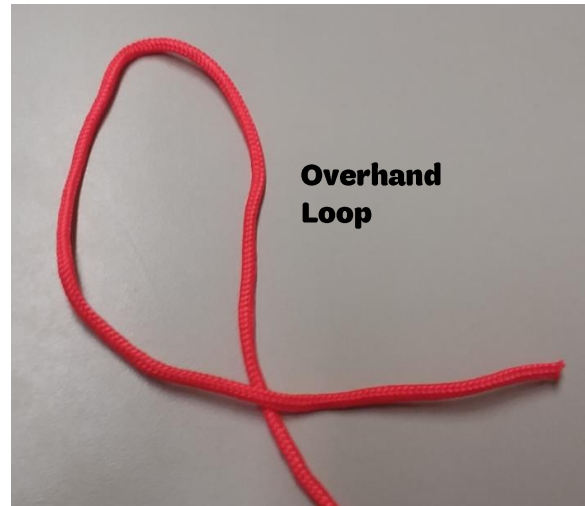
**Continue that end under the rope you just crossed over and pull tight.**

## Knot Terminology



**Working End** – end of rope being used to tie the knot

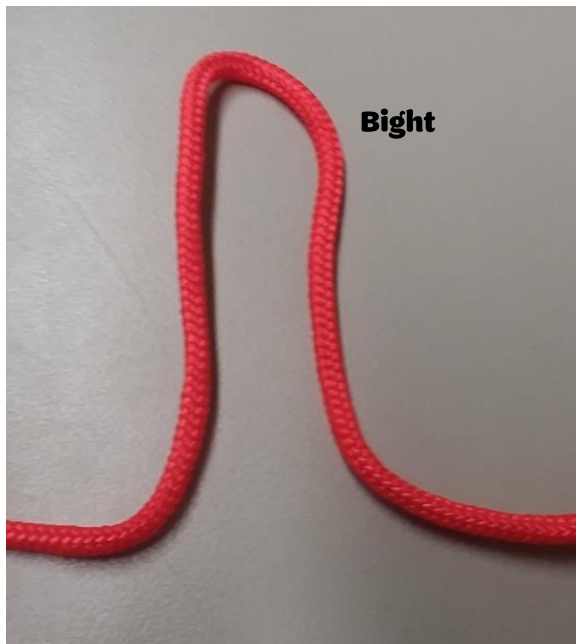
**Standing End** - end of the rope you are not working with



**Loop** – when one part of the rope is crossed over the other

**Overhand Loop** – working end passes over standing end

**Underhand Loop** – working end crosses under standing end



**Bight** – bend in the rope

## Junior Outdoor Challenge #3

### Clove Hitch

**Materials:** small length of rope for each girl, pencil for each girl

**Objective:** Girls will be able to tie a clove hitch.

**Directions:**

**Activity One (Practice):**

1. Use the diagram and teach the basic knot terminology:
  - a. Working end – end of rope being used to tie the knot
  - b. Standing End – end of the rope you are not working with
  - c. Bight – bend in the rope
  - d. Loop – when one part of the rope is crossed over the other
2. Use the pictures and teach how to tie clove hitch
  - a. Form an underhand loop
  - b. Form a second underhand loop
  - c. Place the second loop on top of the first loop
  - d. Slide on to pole and pull tight
3. Practice the knot several times.

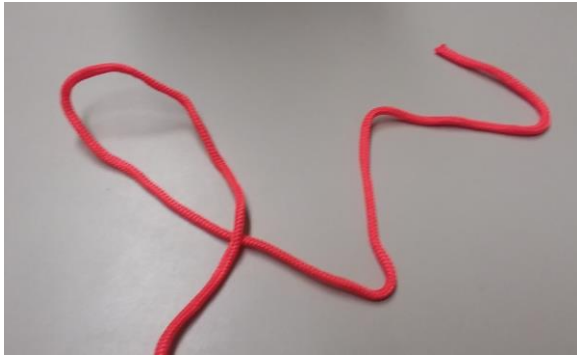
**Activity Two (Knot-petition):**

1. Break the girls into two teams.
2. Give each girl on the team a number, starting with one. (Team A should have a number 1 and so should Team B.)
3. Either put the numbers in a hat, or just designate a caller (likely a leader).
4. Place two ropes and two pencils at the opposite end of the room, but separated and make sure each team knows which rope and pencil is theirs.
5. Call a number (either by picking from the hat or the caller just picking a number).
6. When the number is called, the girls with that number race to their rope and try to be the first person to correctly tie the clove hitch on the pencil.
7. Whichever team wins the round gets a point. Whichever team gets three points first wins! You can play multiple games to make sure that all girls get a chance to go.



## Clove Hitch

### Step One:



**Form an underhand loop.**

### Step Two:



**Form a second underhand loop.**

### Step Three:



**Place the second loop on top of the first loop.**

### Step Four:



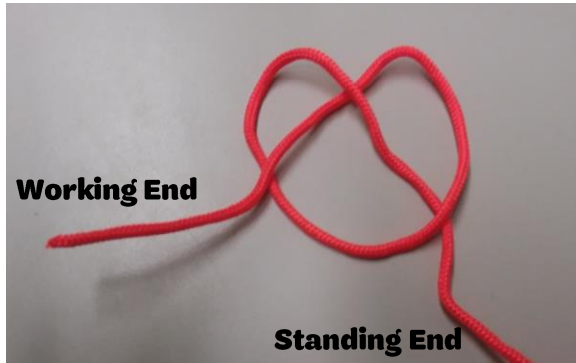
**Slide on to pole and pull tight.**

### Close Up:



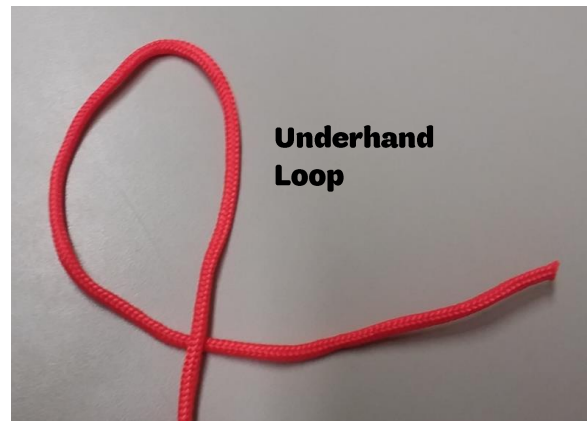
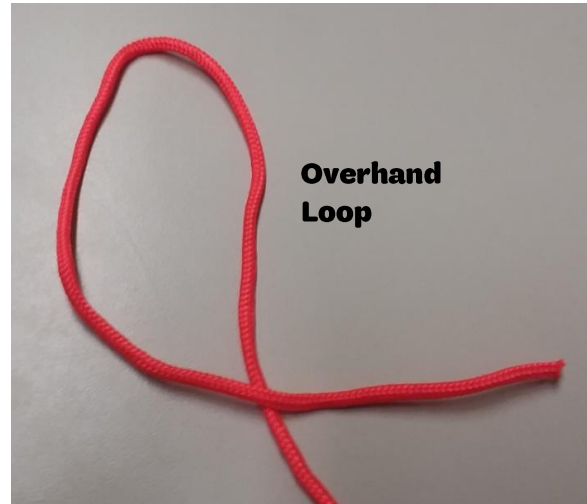


## Knot Terminology



**Working End** - end of rope being used to tie the knot

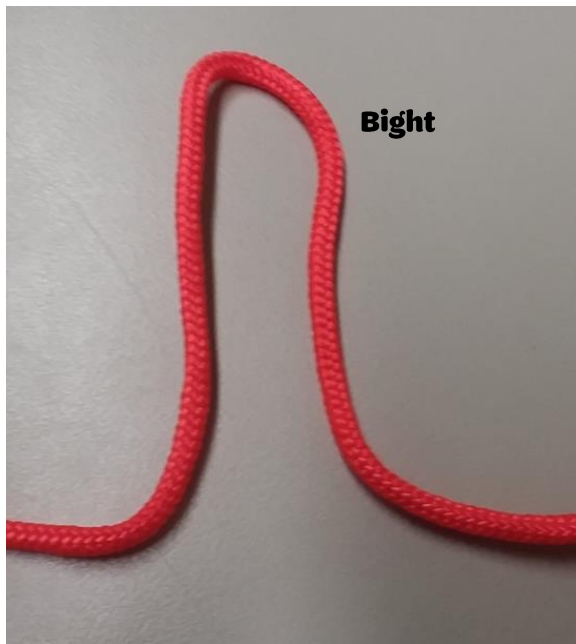
**Standing End** - end of the rope you are not working with



**Loop** - when one part of the rope is crossed over the other

**Overhand Loop** - working end passes over standing end

**Underhand Loop** - working end crosses under standing end



**Bight** - bend in the rope

## **Cadette Outdoor Challenge #3**

### **Bowline**

**Materials:** small length of rope for each girl

**Objective:** Girls will be able to tie a bowline.

**Directions:**

#### **Activity One (Practice):**

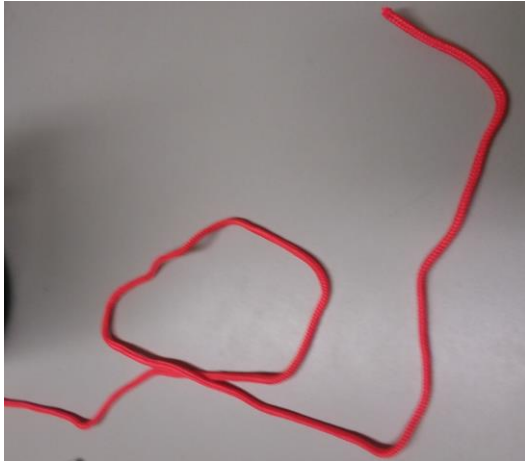
1. Use the diagram and teach the basic knot terminology:
  - a. Working end – end of rope being used to tie the knot
  - b. Standing End – end of the rope you are not working with
  - c. Bight – bend in the rope
  - d. Loop – when one part of the rope is crossed over the other
2. Use the pictures and teach how to tie a bowline
  - a. Form an overhand loop
  - b. Pass the working end through the loop
  - c. Pass the working end under the standing end
  - d. Pass the working end back through the original loop and pull tight
3. Practice the knot several times.

#### **Activity Two (Knot Entourage):**

1. Give each girl a rope
2. Explain that when the game begins each girl will need to seek out a buddy.
3. When the buddies have been found, each girl holds their rope behind their back completely untied and together say “Ready, Set, Knot”
4. As soon as “knot” is said, each girl brings their rope to the front and races to tie a bowline. Upon completion the girl should drop the rope to the ground. The first rope to hit the floor with a correctly tied bowline wins.
5. Upon winning, the girl who did not win then becomes part of the winner’s entourage, cheering her on. The girl and her entourage go to find a new partner.
6. Play continues with the new partner, each time the winner gains the girl who does not win and any entourage she may have already obtained.
7. Eventually it will end with a head to head competition to determine the bowline champion of your troop!

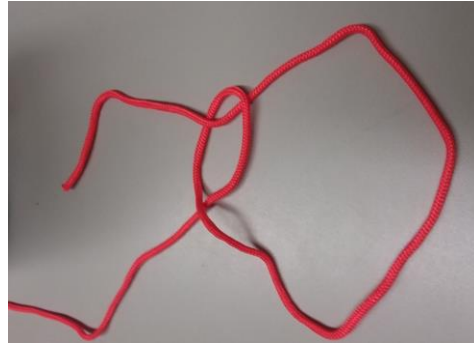
## **Bowline**

### **Step One:**



**Form an overhand loop.**

### **Step Two:**



**Pass the working end through the loop.**

### **Step Three:**



**Pass the working end under the standing end.**

### **Step Four:**

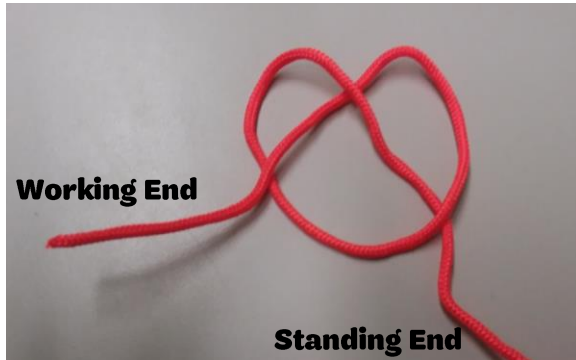


**Pass the working end back through the original loop and pull tight.**

### **Close Up:**

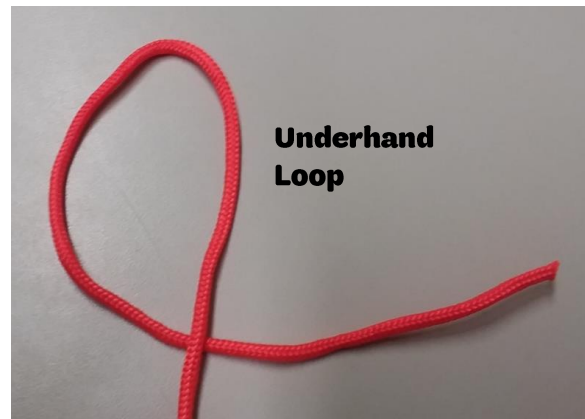
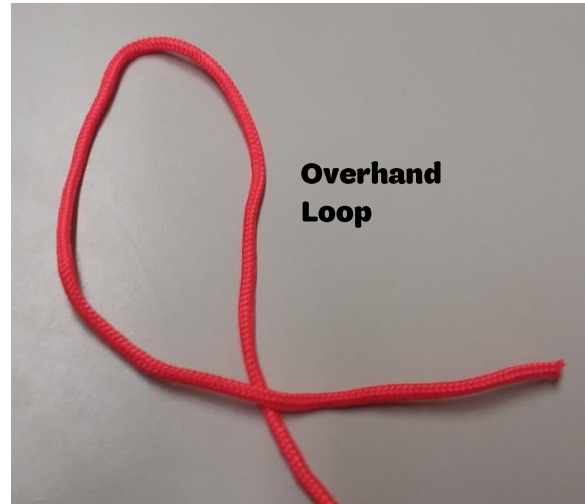


## Knot Terminology



**Working End** - end of rope being used to tie the knot

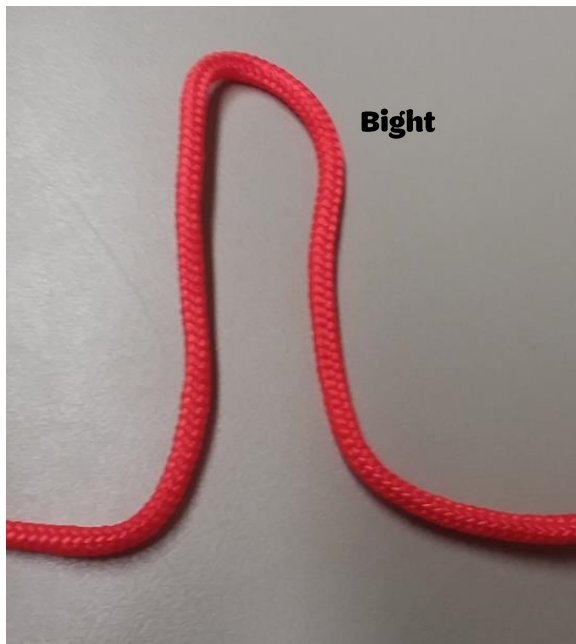
**Standing End** - end of the rope you are not working with



**Loop** - when one part of the rope is crossed over the other

**Overhand Loop** - working end passes over standing end

**Underhand Loop** - working end crosses under standing end



**Bight** - bend in the rope

## Senior Outdoor Challenge #3

### Tautline Hitch

**Materials:** small length of rope for each girl, something to tie around

**Objective:** Girls will be able to tie a tautline hitch.

**Directions:**

**Activity One (Practice):**

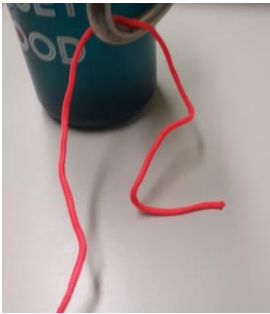
1. Use the diagram and teach the basic knot terminology:
  - a. Working end – end of rope being used to tie the knot
  - b. Standing End – end of the rope you are not working with
  - c. Bight – bend in the rope
  - d. Loop – when one part of the rope is crossed over the other
2. Use the pictures and teach how to tie a tautline hitch
  - a. Pass the working end around the pole
  - b. Pass working end under and around standing end
  - c. Create second loop around standing end
  - d. Pass under original loop
  - e. Pass under the standing end and back through the loop just created and pull tight
3. Practice the knot several times.

**Activity Two (The Need for Speed):**

1. Give each girl a piece of rope and an object to tie around and sit in a line or circle.
2. Explain that when the leader says go, the girls are to tie a tautline hitch as quickly as they can correctly.
3. Upon completion the girl should throw her hands up in the air.
4. The first girl to correctly complete the hitch wins the round and steps out of the game.
5. Play continues with a second round played the same as the first. Each round a new person is eliminated.

## Tautline Hitch

### Step One:



**Pass the working end around the pole.**

### Step Three:



**Create second loop around standing end.**

### Step Five:



**Pass under the standing end and back through the loop just created and pull tight.**

### Step Two:



**Pass working end under and around standing end.**

### Step Four:



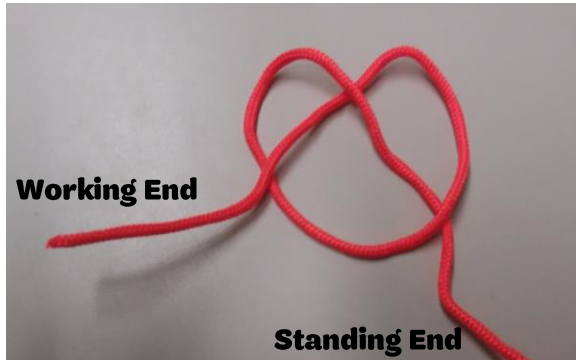
**Pass under original loop.**

### Close Up:



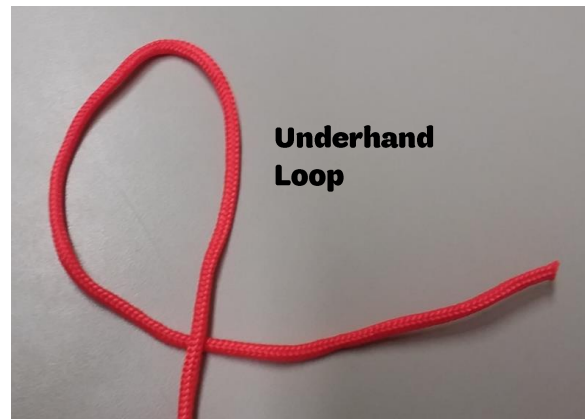
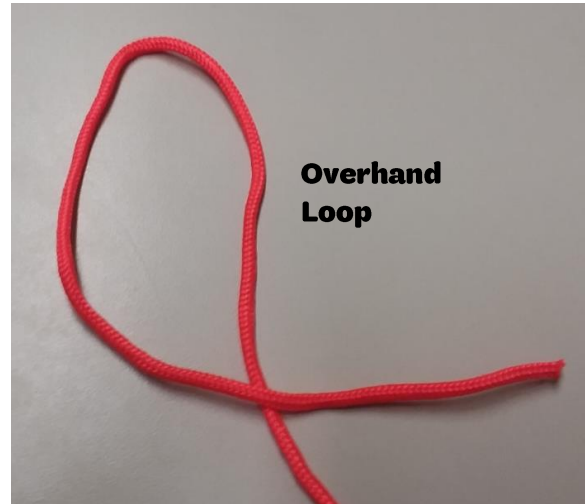


## Knot Terminology



**Working End** - end of rope being used to tie the knot

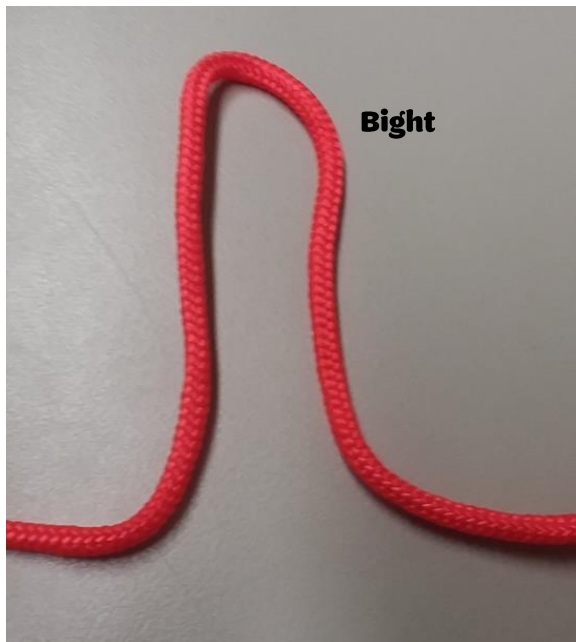
**Standing End** - end of the rope you are not working with



**Loop** - when one part of the rope is crossed over the other

**Overhand Loop** - working end passes over standing end

**Underhand Loop** - working end crosses under standing end



**Bight** - bend in the rope



## Ambassador Outdoor Challenge #3

### Friendship Knot

**Materials:** small length of rope for each girl, licorice strings

**Objective:** Girls will be able to tie a friendship knot.

**Directions:**

**Activity One (Practice):**

1. Use the diagram and teach the basic knot terminology:
  - a. Working end – end of rope being used to tie the knot
  - b. Standing End – end of the rope you are not working with
  - c. Bight – bend in the rope
  - d. Loop – when one part of the rope is crossed over the other
2. Use the pictures and teach how to tie a friendship knot
  - a. Wrap one end over and around your fingers
  - b. Pass the working end under the bight and over the standing end
  - c. Pass the working end back under everything
  - d. Pass the working end back over the standing end and through the bight and pull tight
3. Practice the knot several times.

**Activity Two (Knot Food):**

1. Give each girl a few licorice strings
2. Have her practice tying the friendship knot with licorice strings
3. Upon successful completion of the knot, the girl gets to eat her licorice!

## Friendship Knot

### Step One:



**Wrap one end over and around your fingers.**

### Step Three:



**Pass the working end back under everything.**

### Step Two:



**Pass the working end under the bight and over the standing end.**

### Step Four:

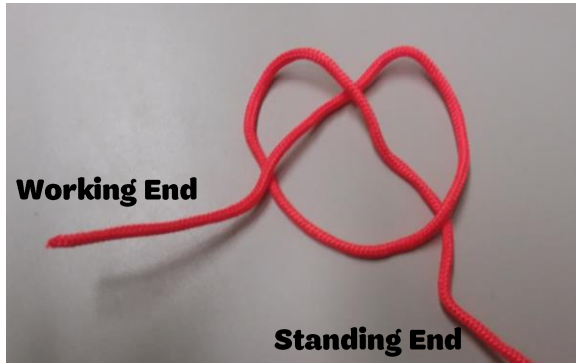


**Pass the working end back over the standing end and through the bight and pull tight.**

### Close Up:

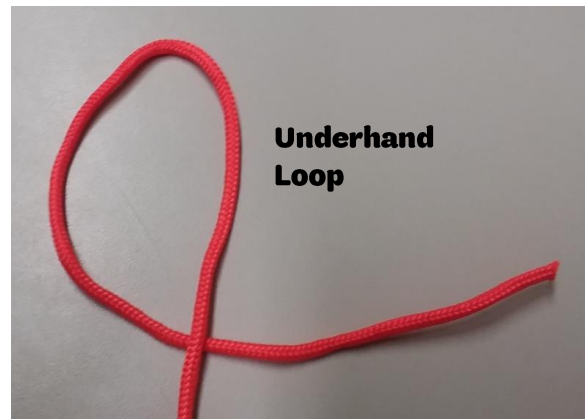
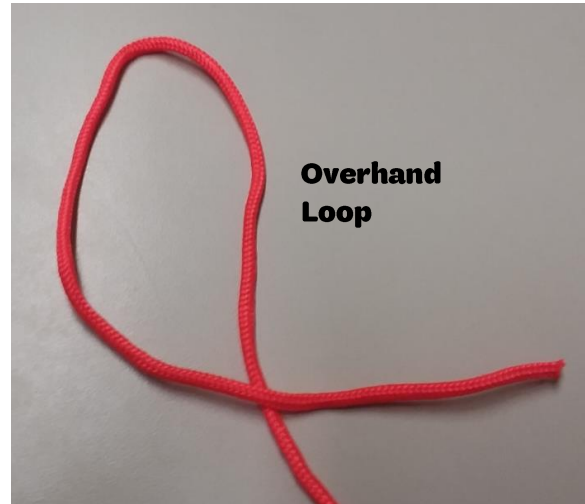


## Knot Terminology



**Working End** - end of rope being used to tie the knot

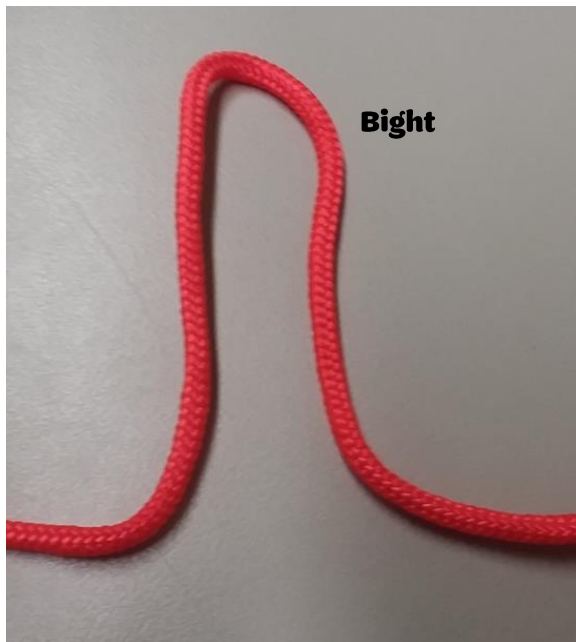
**Standing End** - end of the rope you are not working with



**Loop** - when one part of the rope is crossed over the other

**Overhand Loop** - working end passes over standing end

**Underhand Loop** - working end crosses under standing end



**Bight** - bend in the rope