

# Outdoor Skills Challenge Activity

## Knots & Hitches

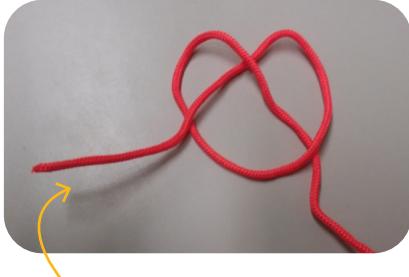
Get ready to twist, loop, and pull your way to becoming a knot-tying pro! Girl Scouts will master key knots like the overhand, square, and clove hitch.

By completing the level-appropriate activities in this guide (see chart below), you'll earn your Knots and Hitches Rocker!

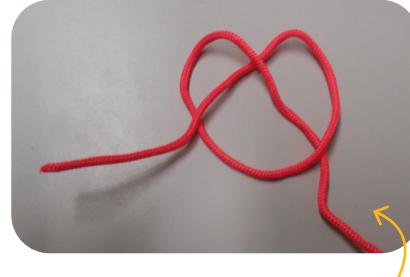


	Daisy	Brownie	Junior	Cadette	Senior	Ambassador
Overhand knot	+	+				
Square knot	+	+	+	+		
Clove hitch		+	+	+	+	+
Bowline			+	+	+	+
Tautline				+	+	+
Friendship knot					+	+

# Knots & Hitches



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



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



**Underhand Loop**  
Working end crosses  
under standing end



**Overhand Loop**  
Working end passes  
over standing end



**Bight**  
Bend in the rope

# Knots & Hitches

## Overhand Knot D B

### MATERIALS

Small length of rope  
for each Girl Scout

### WHAT IS THIS KNOT USED FOR?

- Prevents the end of a rope from slipping through a grommet or pulley.
- Marks a specific point on a rope when setting up tarps or measuring distance.

### Practice (Activity One)

1. Use the diagram on previous page 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. Step 1 - Form a loop.
  - b. Step 2 - Pass the working end through the loop.
  - c. Step 3 - Pull tight
3. Practice the knot several times.

#### STEP 1



#### STEP 2



#### STEP 3



### Knot Relay (Activity Two)

1. Place two ropes at one end of the room and have the Girl Scouts split into at least two groups at the opposite end of the room.
2. Explain that when the leader says go, one Girl Scout at a time from the group should walk to the other end of the room, pick up the rope for their group 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 Scout passes the starting line, the second Girl Scout may go.
6. The first team to all be sitting down wins the race.
7. Multiple rounds can be completed with different locomotor movements - skipping, leaping, hopping, running, etc.



Watch this video  
on how to tie an  
overhand knot!

# Knots & Hitches

## Square Knot D B

### MATERIALS

Small length of rope for each Girl Scout plus two extra

### WHAT IS THIS KNOT USED FOR?

- Ties two ends of a bandana together to make an arm sling.
- Bundles sticks or firewood securely for carrying.

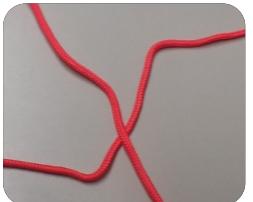
### Practice (Activity One)

1. Use the pictures and teach how to tie a square knot.
  - a. Step 1 - Hold one end in each hand, cross the rope on the right over the rope on the left.
  - b. Step 2 - Continue under the rope on the left.
  - c. Step 3 - Now take the rope on your left and cross over the rope on the right.
  - d. Step 4 - Continue that end under the rope you just crossed over and pull tight.
2. Practice the knot several times.

### Square Knot Relay (Activity Two)

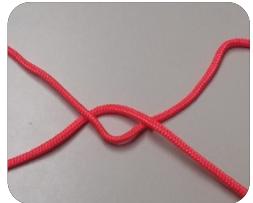
1. Place two ropes at one end of the room and have the Girl Scouts split into at least two groups at the opposite end of the room.
2. Give each Girl Scout a rope.
3. Explain that when the leader says go, one Girl Scout at a time from the group should walk to the other end of the room, pick up the rope for their group 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 Scout passes the starting line, the second Girl Scout may go.
7. The first team to all be sitting down wins the race.
8. Multiple rounds can be completed with different locomotor movements - skipping, leaping, hopping, running, etc.

#### STEP 1



Refer to page 2 for a reminder of knot terminology.

#### STEP 2



#### STEP 3



#### STEP 4



Watch this video on how to tie a square knot!

Remember:  
Right over left and around, left over right and around.

# Knots & Hitches

## Clove Hitch **B** **J** **C** **S** **A**

### MATERIALS

Small length of rope for each Girl Scout

Pencil for each Girl Scout

### WHAT IS THIS KNOT USED FOR?

- Begins tying together camp structures like dish racks or flagpoles.
- Secures a clothesline or rope to a tree or post.

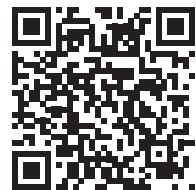
### Practice (Activity One)

1. Use the pictures and teach how to tie a clove hitch.
  - a. Step 1 - Form an underhand loop.
  - b. Step 2 - Form a second underhand loop.
  - c. Step 3 - Place the second loop on top of the first loop.
  - d. Step 4 - Slide on to pole and pull tight.
2. Practice the knot several times.

### Knot-petition (Activity Two)

1. Break the Girl Scouts into two teams.
2. Give each Girl Scout 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 Girl Scouts 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 Girl Scouts get a chance to go.

Refer to page 2 for a reminder of knot terminology.



Watch this video on how to tie a clove hitch knot!

### STEP 1



### STEP 2



### STEP 3



### STEP 4



### CLOSE UP



# Knots & Hitches

## Bowline J C S A

### MATERIALS

Small length of rope for each Girl Scout

### WHAT IS THIS KNOT USED FOR?

- Creates a fixed loop for hoisting gear into a tree.
- Ties a non-slipping loop around a tree or post when anchoring a rope.

### Practice (Activity One)

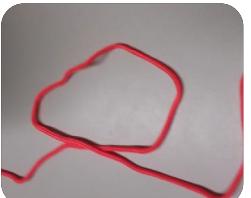
- Use the pictures and teach how to tie bowline.
  - Step 1 - Form an underhand loop.
  - Step 2 - Pass the working end through the loop.
  - Step 3 - Pass the working end under the standing end.
  - Step 4 - Pass the working end back through the original loop and pull tight.
- Practice the knot several times.

### Knot Entourage (Activity Two)

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

Refer to page 2 for a reminder of knot terminology.

#### STEP 1



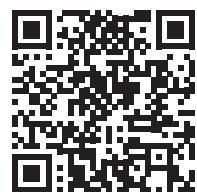
#### STEP 2



#### STEP 3



#### STEP 4



Watch this video on how to tie a bowline knot!

#### CLOSE UP



# Knots & Hitches

## Tautline Hitch C S A

### MATERIALS

Small length of rope for each Girl Scout, something to tie around

### WHAT IS THIS KNOT USED FOR?

- Adjusts the tension on tent guy lines.
- Tightens or loosens a clothesline as needed.

### STEP 1



### Practice (Activity One)

1. Use the pictures and teach how to tie a tautline hitch.
  - a. Step 1 - Pass the working end around the pole.
  - b. Step 2 - Pass working end under and around standing end.
  - c. Step 3 - Create second loop around standing end.
  - d. Step 4 - Pass under original loop.
  - e. Step 5- Pass under the standing end and back through the loop just created and pull tight.
2. Practice the knot several times.

Refer to page 2 for a reminder of knot terminology.

### STEP 2



### The Need for Speed (Activity Two)

1. Give each Girl Scout 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 Girl Scouts are to tie a tautline hitch as quickly as they can correctly.
3. Upon completion the Girl Scout should throw her hands up in the air.
4. The first Girl Scout 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.

### STEP 3



### STEP 4



Watch this video on how to tie a tautline hitch knot!



### CLOSE UP



# Knots & Hitches

## Friendship Knot S A

### MATERIALS

Small length of rope for each Girl Scout

Licorice strings

### WHAT IS THIS KNOT USED FOR?

- Decorates a neckerchief for ceremonies or uniforms.
- Makes a simple, symbolic gift or SWAP for exchanges.

### Practice (Activity One)

1. Use the pictures and teach how to tie a friendship knot.
  - a. Step 1 - Wrap one end over and around your fingers.
  - b. Step 2 - Pass the working end under the bight and over the standing end.
  - c. Step 3 - Pass the working end back under everything.
  - d. Step 4 - Pass the working end back over the standing end and through the bight.
  - e. Step 5 - Pull tight.
2. Practice the knot several times.

### Knot Food (Activity Two)

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

#### STEP 1



Refer to page 2 for a reminder of knot terminology.

#### STEP 2



#### STEP 3



#### STEP 4



A friendship knot symbolizes the bond of friendship and is the symbol of the World Association of Girl Guides and Girl Scouts (WAGGGS).

#### STEP 5

