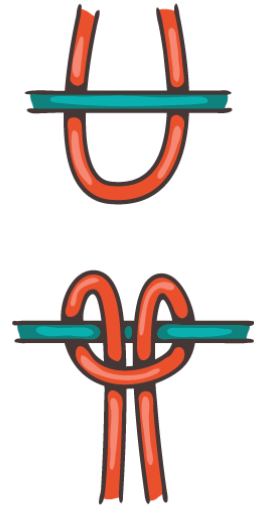
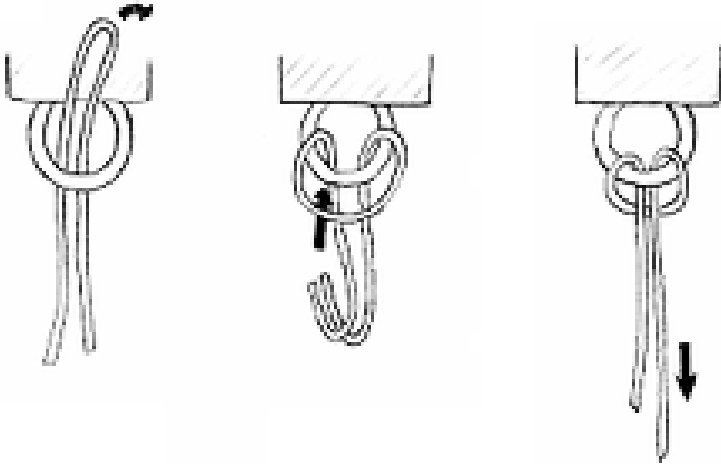


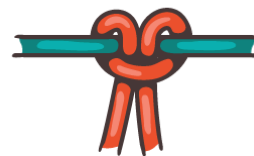
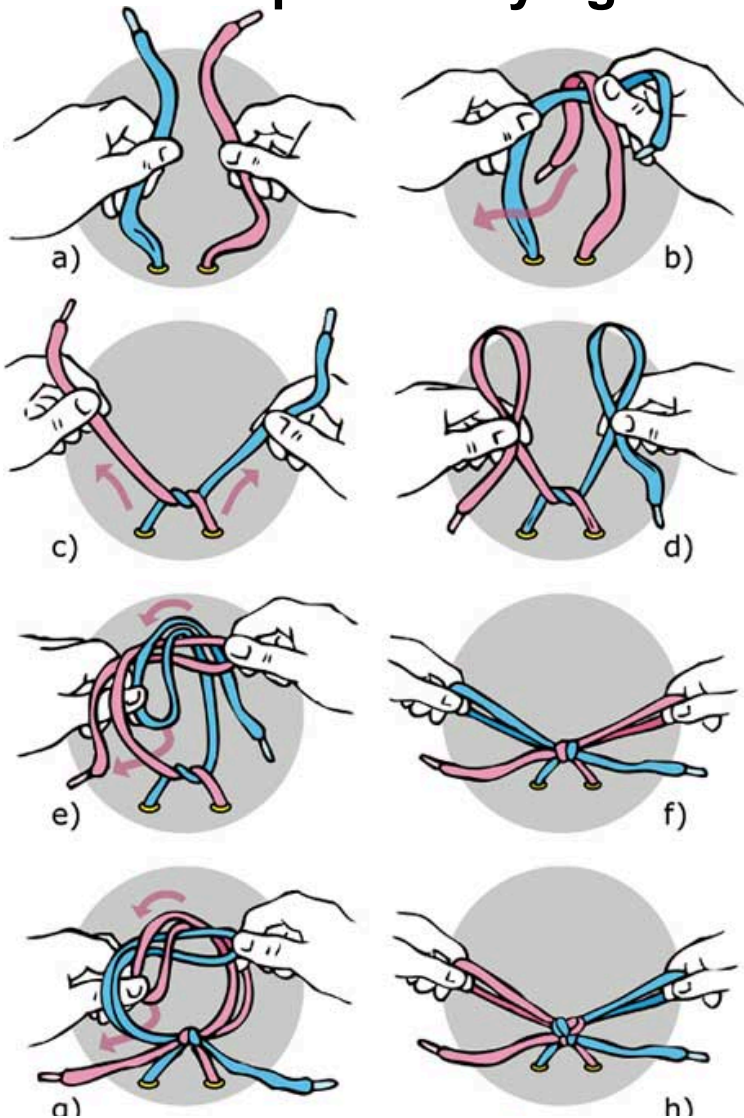
Knot of the Day

Tags (as appropriate) & First Grade

Day 1: Larkshead



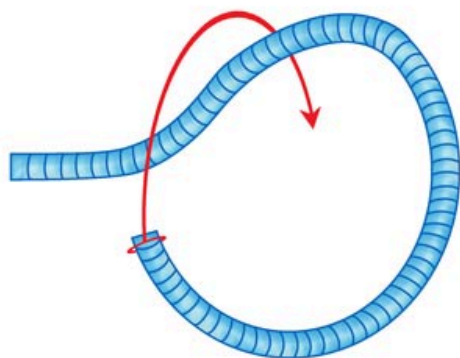
Day 2: bow knot - practice tying shoes.



Lark's Head Knot

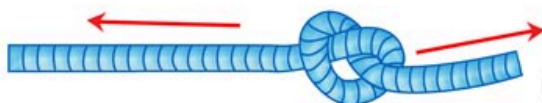
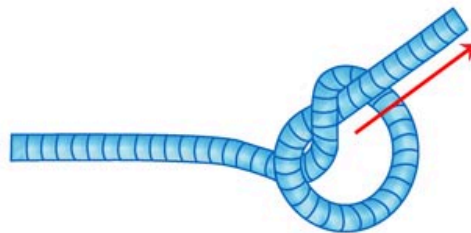
Day 3: overhand & possibly double overhand.

Overhand Knot Instructions



- 1 Form a loop by passing the tag end over the standing part

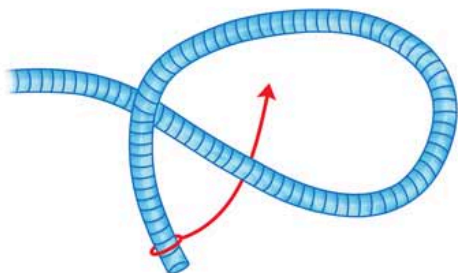
- 2 Tuck it inside the loop and pull it out completely



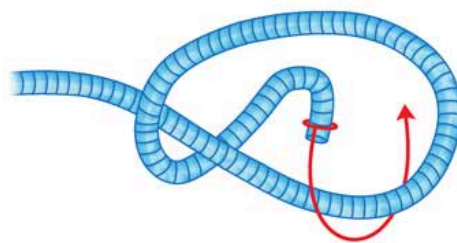
- 3 Pull both ends to tighten

Day 4: Double overhand knot & games to practice

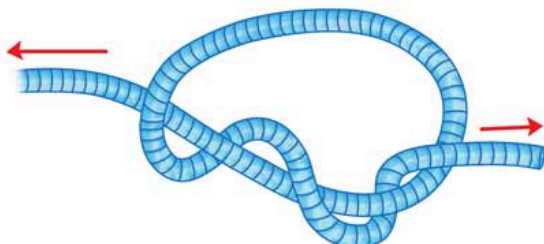
Double Overhand Knot Instructions



- 1 Make a loop and feed the end into it



- 2 Take it outside the loop and pass it through once more



- 3 Pull both ends to tighten

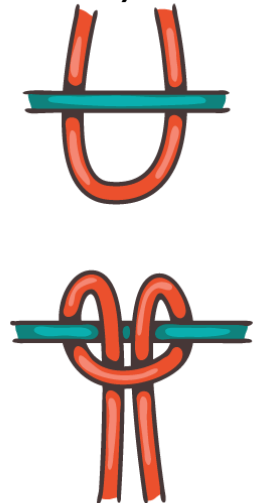
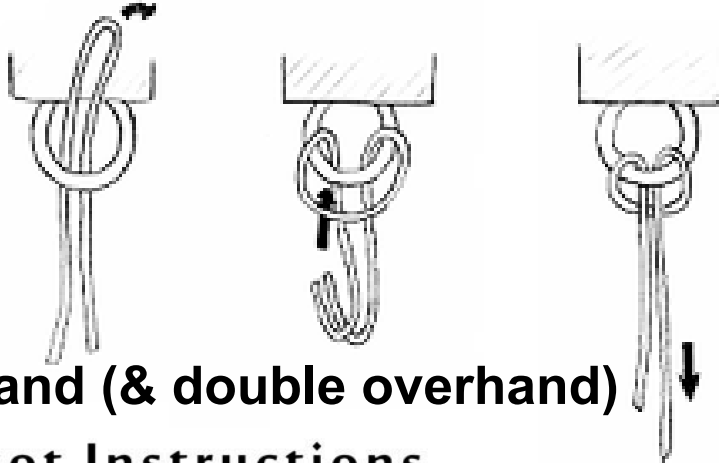


- 4 The two turns come close together

Knot of the Day

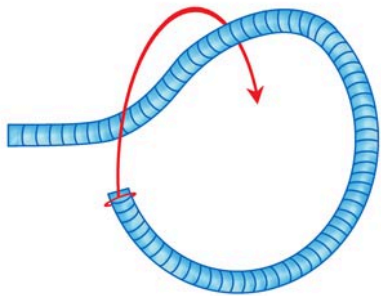
Second & Third Grade

Day 1: Review of Larkshead & bow knot (tying shoes)



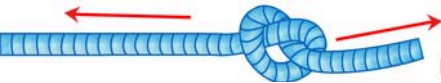
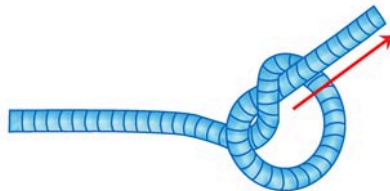
Day 2: overhand (& double overhand)

Overhand Knot Instructions

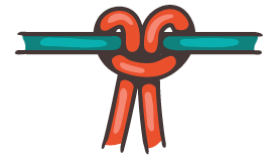


1 Form a loop by passing the tag end over the standing part

2 Tuck it inside the loop and pull it out completely

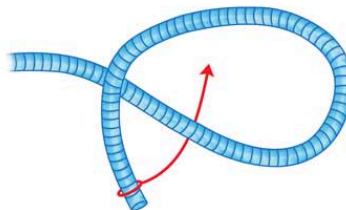


3 Pull both ends to tighten

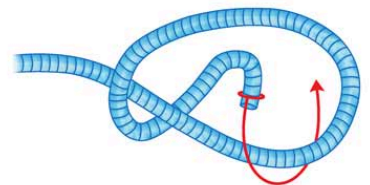


Lark's Head Knot

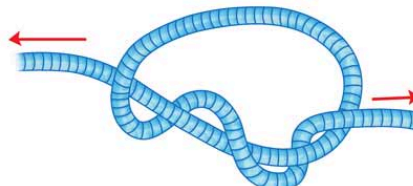
Double Overhand Knot Instructions



1 Make a loop and feed the end into it



2 Take it outside the loop and pass it through once more



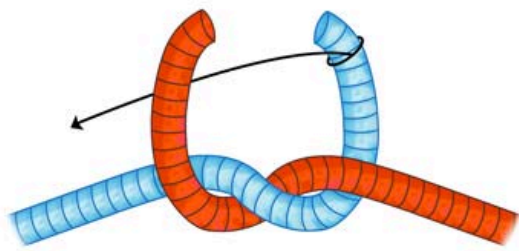
3 Pull both ends to tighten



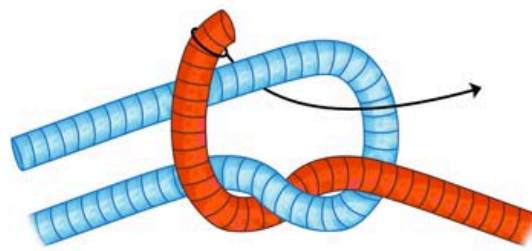
4 The two turns come close together

Day 3: Square knot

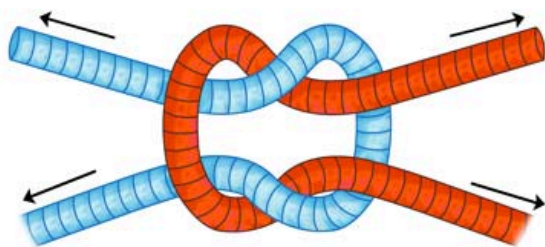
Square (Reef) Knot Instructions



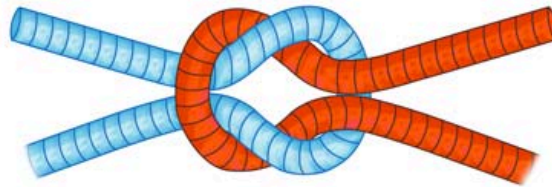
1 Cross the blue and red ends



2 Pass the red end through the blue loop



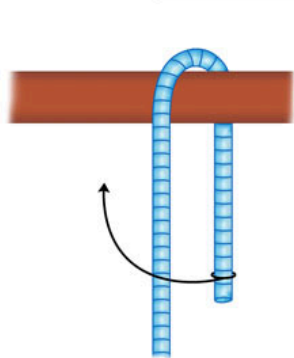
3 Pull the ends to tighten



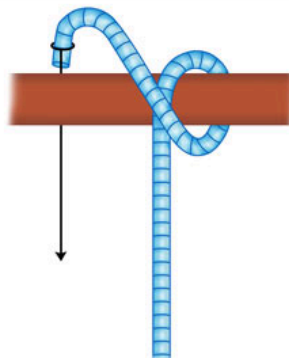
4 The knot is complete

Day 4: Clove Hitch, Review, & Games

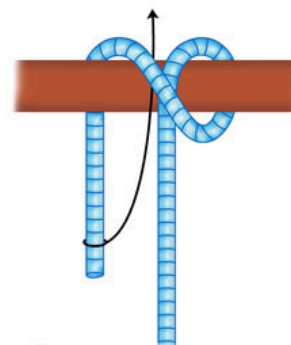
Clove Hitch Tutorial



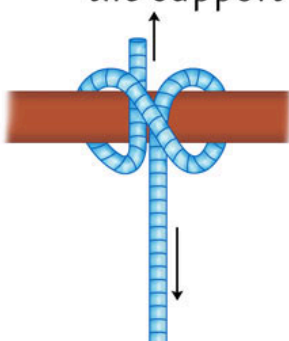
1 Hang rope from the support



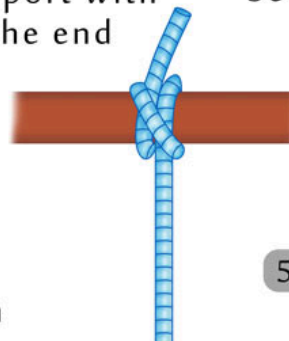
2 Loop around the support with the end



3 Pass it from behind the rope



4 Pull to tighten



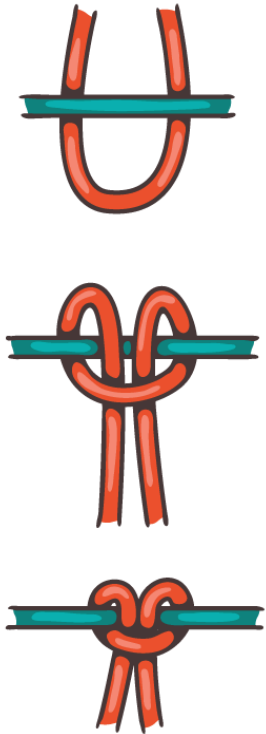
5 The knot is complete

Knot of the Day

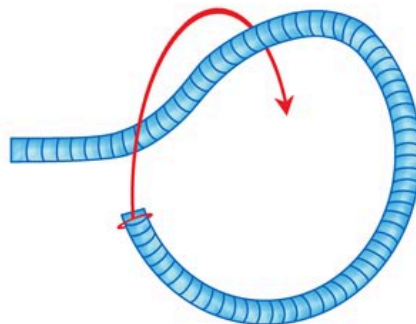
Fourth & Fifth Grade

Day 1: Review of Lark's head & bow knot (tying shoes), and Overhand/Double Overhand

Overhand Knot Instructions

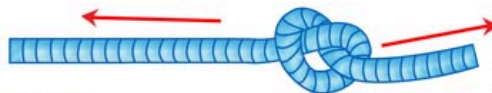
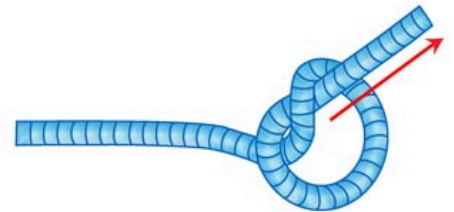


Lark's Head Knot



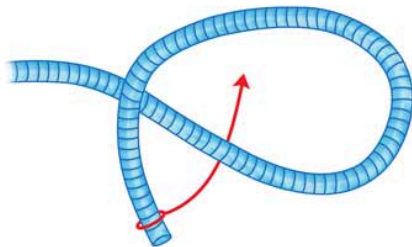
1 Form a loop by passing the tag end over the standing part

2 Tuck it inside the loop and pull it out completely

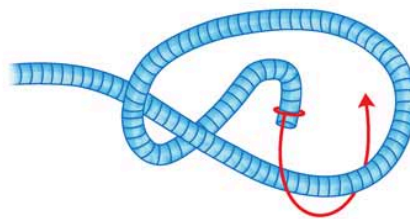


3 Pull both ends to tighten

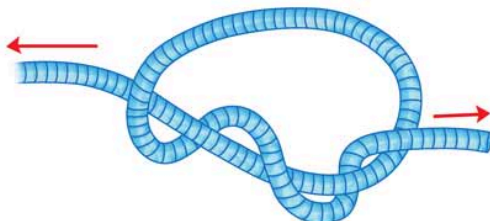
Double Overhand Knot Instructions



1 Make a loop and feed the end into it



2 Take it outside the loop and pass it through once more



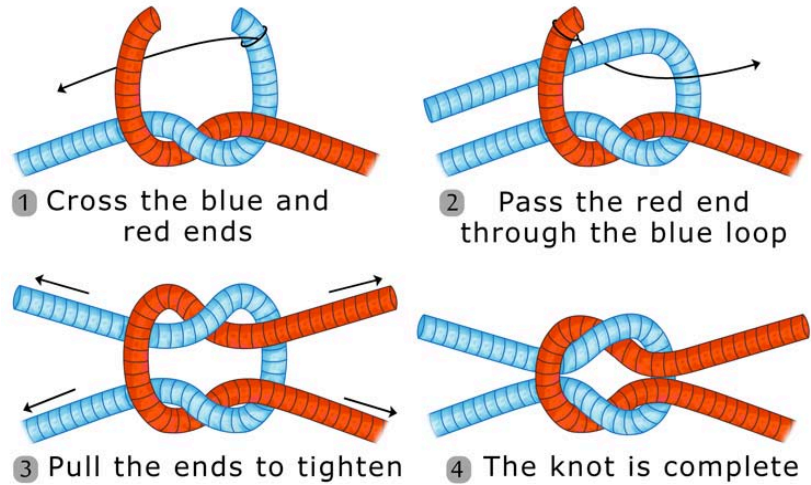
3 Pull both ends to tighten



4 The two turns come close together

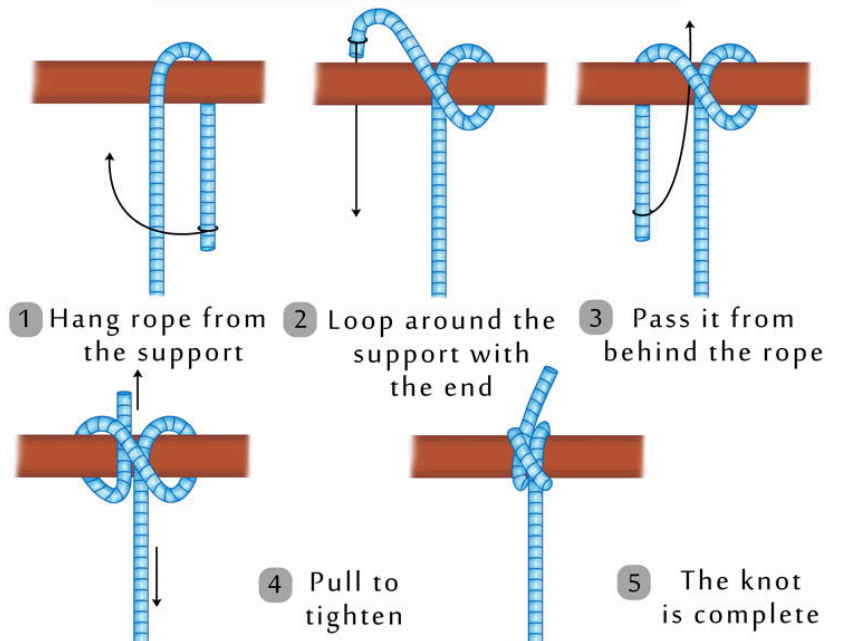
Square (Reef) Knot Instructions

Day 2: Square knot



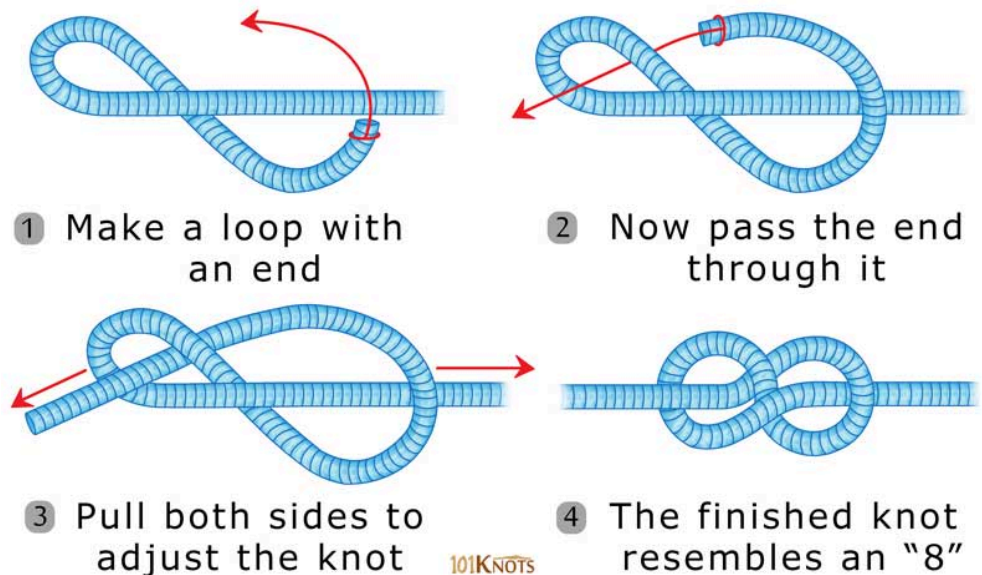
Clove Hitch Tutorial

Day 3: Clove Hitch



Day 4: Figure 8, Review & Games to Practice!

Figure 8 Knot Instructions



Knot of the Day

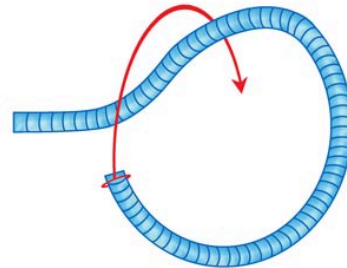
Sixth Grade & PAITs

Day 1: Review of Lark's Head, Overhand/Double Overhand & Square Knot

Overhand Knot Instructions

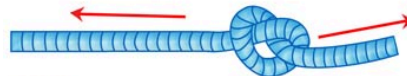
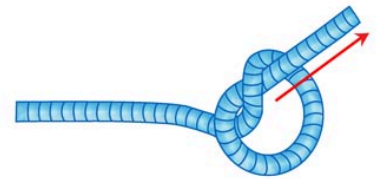


Lark's Head Knot



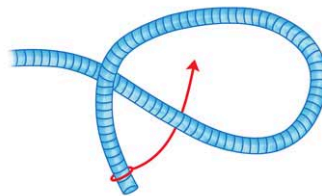
1 Form a loop by passing the tag end over the standing part

2 Tuck it inside the loop and pull it out completely

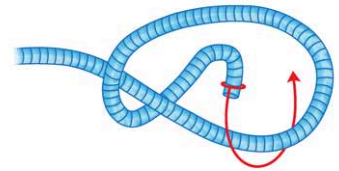


3 Pull both ends to tighten

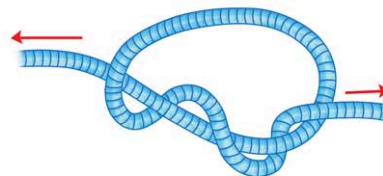
Double Overhand Knot Instructions



1 Make a loop and feed the end into it



2 Take it outside the loop and pass it through once more



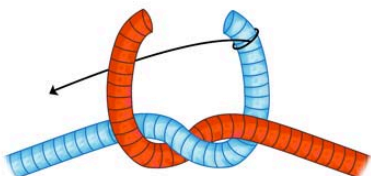
3 Pull both ends to tighten



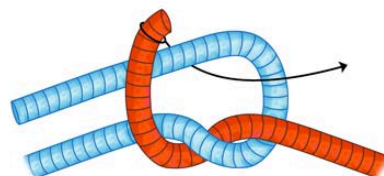
4 The two turns come close together

101KNOTS

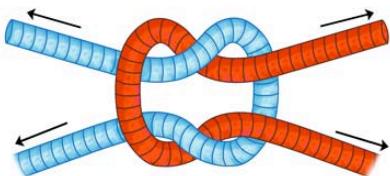
Square (Reef) Knot Instructions



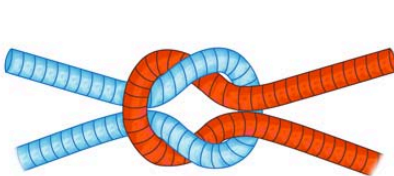
1 Cross the blue and red ends



2 Pass the red end through the blue loop



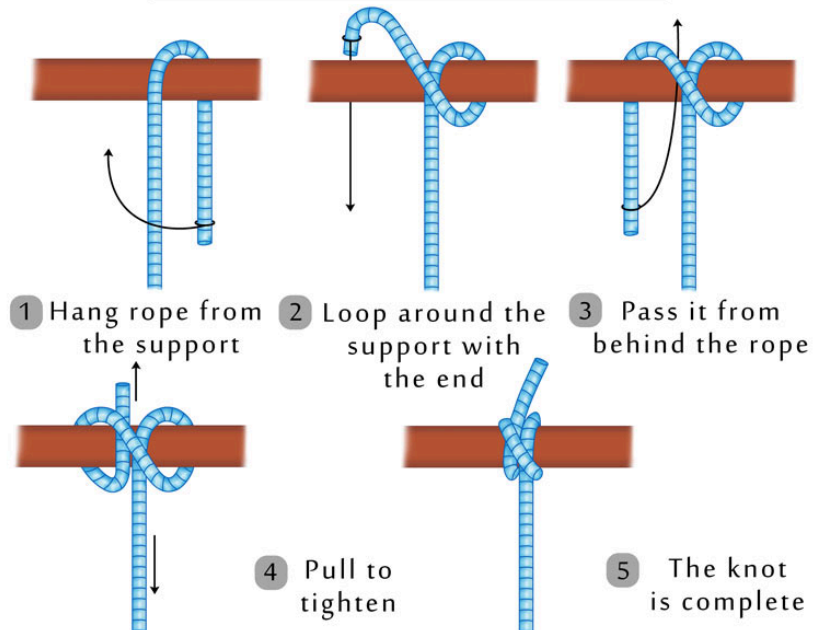
3 Pull the ends to tighten



4 The knot is complete

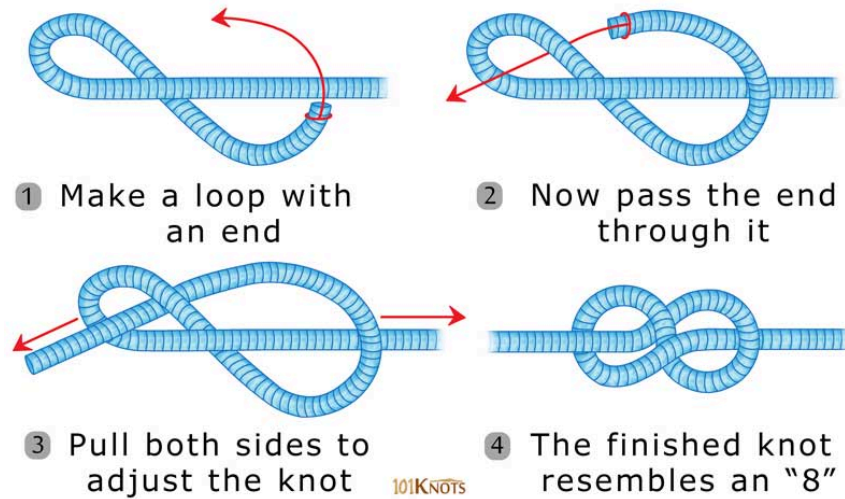
Day 2: Clove Hitch

Clove Hitch Tutorial



Day 3: Figure 8

Figure 8 Knot Instructions



Day 4: Bowline & Review

Bowline Knot Directions

