

VIRTUAL CAMPING

TEACHERS GUIDE

SESSION NAME:	KNOTS GRADE 5 & 6
DURATION:	30 MINUTES – 1 HOUR.

SESSION DESCRIPTION:

Students will learn a series of basic knots. These knots will be: Square lashings, fig. 8, half hitches or other knots that the presenter seems necessary to meet the session outcome. The session will focus on functional uses of these knots – the way this will be achieved is by encouraging groups to build a small raft out of the equipment provided and tying to together in the hope it will float in the bucket of water. This way, the students can still experience part of the raft building culture of camp.

CURRICULUM LINKS:

HEALTH AND PHYSICAL EDUCATION

- Explore how participation in outdoor activities supports personal and community health and wellbeing and creates connections to the natural and built environment ([VCHPEP113](#))

TEACHER REQUIRED RESOURCES

- Video resource loaded
- Large rectangular bucket of water (to float rafts)
- Further resources on each knot students will be tying found at:
 - [Half Hitch](#)
 - [Clove Hitch](#)
 - [Square Lashing](#)

PARTICIPANT REQUIRED RESOURCES

- Materials such as empty plastic bottles, lengths of string (thicker is better)
- Coloured strings (bracelet making – thicker is better)
- Weighted object to sail on the raft? Action figure, another full water bottle etc.
- Sticks (found locally) or bits of dowel/large wooden skewers

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LOCATION/AREA SET UP:

- Participant resources compiled
- Area for bucket of water to test the floatability of rafts

SESSION DESCRIPTION:

INTRODUCTION:

- Play video
- Pause video at 4:43
- Students to practice tying the knots using resources

Further resources on each knot found at:

- [Half Hitch](#)
- [Clove Hitch](#)
- [Square Lashing](#)

- Once students are confident with knots press play to continue the video

MAIN CONTENT:

- Pause video at 7:04
- Split classroom into pairs or groups of three
- Distribute materials for students to use; Either classroom materials or materials they can find outside
- Before building raft students need to plan the design of their raft, focusing on materials go where and what knots they are going to use
- Once they are happy with the design of their raft they can begin building
- Press Play on video
- Pause video at 7:14
- Remind students that the aim of the activity is to build a raft that can float on water and can carry some weight while floating
- Press play once students have completed building their raft
- Pause video at 8:02
- Using a bucket of water, one group at a time will place their raft in the water and test to see if it floats
- If it does float, great. If not, the students can take a moment to add any improvements to their rafts.
- If students would like, something with weight can be added to deck of their raft to test to if their raft can still float with the added weight.
- A competition can be undertaken to see which raft can float with most weight.
- Press play once the challenges have been completed

DEBRIEF/FAREWELL:

- Debrief after session could include use of knots, what worked, what function did the knots serve as? Why did you choose that knot? etc.
- Suggestion from teacher to keep practicing knots at home