



SVP 6: Knots & Lashings		CSGT S. Fraser	10 minute (modified lesson) Lecturette
Preparation			
Training Aids/Resources: PowerPoint (laptop and cable) Projector Ropes lollies (enough for one packet per cadet)			
References: • MoGT v2009			
Before lesson: Set up classroom layout in a semi-circle, so everyone is able to see the demonstration			
Introduction			
1	Objectives: a. Demonstrate the following knots and lashings: (1) Figure eight (2) Reef knot		30 sec PPT – (Slide 1)
2	Prior Knowledge Check: N/A		N/A
3	Reason for Learning/Motivation: <ul style="list-style-type: none"> AAFC: In field, knots often take the place of nails in the construction of shelters and other devices which are useful when living in the natural environment. Ability to be able to join knots together can be crucial to survival. Best to know what knot to use when CIV: For example, if you get bogged and need to tie a knot to a trailer etc <i>*ASK FOR ALLERGIES before handing out lollies*</i>		1 min PPT – (Slide 2)
Development			
4	Figure of eight 1. Form a loop in the short end of a rope. Place the long end diagonally over the short end. <ul style="list-style-type: none"> Demonstrate as class follow, make sure everyone is following 2. Pass the short end around the long end. 3. Continue until the short end is underneath the loop. 4. Pass the short end up through the loop and secure. <i>*Walk around and ensure class have correctly tied the knot*</i>		2 mins PPT – (Slide 3-8) Ropes lollies
5	Advantages/Use <ul style="list-style-type: none"> Used to prevent a knot from unravelling. This knot is used to either stop the end of a rope from fraying (until it can be spliced* or whipped**) or to stop the rope from passing through a block or hole. The figure eight follow through is one of the strongest knots. Most widely used tie-in knot by mountain climbers. AAFC: can be used in first aid, camp set up, traps, snares <i>*Spliced: join or connect (a rope or ropes) by interweaving the strands at the ends.</i> <i>**Whipped: binding of marline twine or whipcord around the end of a rope to prevent its natural tendency to fray.</i>		1 min



Lesson Plan



6	<p>Reef knot</p> <ol style="list-style-type: none"> Cross the two ends of the rope over each other. <ul style="list-style-type: none"> Demonstrate as class follow, make sure everyone is following Tie the first knot to create a half hitch. Cross the ropes over each other again; keep the same rope on top. Tie your second half hitch. Pull the two ends of the rope firmly and evenly. <p><i>*Walk around and ensure class have correctly tied the knot*</i></p>	2 mins PPT – (Slide 9 -13) Ropes lollies
7	<p><u>Advantages/Use</u></p> <ul style="list-style-type: none"> One of the most common and easiest to tie. It is used to join two ropes together when their diameters are the same. Never use it with ropes of unequal thickness or with synthetic rope as it will slip and come untied. Used with two ropes to secure something, for example a bundle of objects, that is unlikely to move much. AAFC: can be used in first aid, camp set up, traps, snares 	1 min
Conclusion		
8	<p>Testing: <u>Ask class if they have further questions</u></p> <ol style="list-style-type: none"> What is the use of a figure of eight knot? Used to prevent a knot from unravelling, or prevent fraying, can be used to stop rope passing through a hole Ask cadet to demonstrate how to tie Figure of Eight Knot – direct question What is the use of a reef knot? It is used to join two ropes together when their diameters are the same Ask if a cadet is able to demonstrate how to tie Reef Knot – overhead question 	2 mins PPT – (Slide 14)
9	<p>Restate Objectives:</p> <p>a. Demonstrate the following knots and lashings:</p> <p>(1) Figure eight (2) Reef knot</p>	20 sec PPT – (Slide 15)
10	<p>Restate Reason for Learning: Best to know what knot to use when</p>	10 sec
11	<p>Next Lesson: SVP 6 – Knots and Lashings cont...</p>	