



Knot Olympics – four knots, lots of games

AT A GLANCE



Place

Indoors or outdoors, room for stations



Key idea

Learning four important knots and using them in games



Effort

Materials 10 min · Preparation 20 min



90 minutes



teams of 3–4



7–11 years



1 rope per child



Materials

- ☐ one rope per child (about 1.5 m)
- ☐ 4 station cards with knot pictures
- ☐ a stick or chair leg for the clove hitch
- ☐ stopwatch
- ☐ certificates or stickers



Schedule

0–10'

Opening – Rope game: everyone holds a long rope in a circle. Who can tie a knot without letting go?

10–40'

Learning knots – Reef knot, figure-of-eight, clove hitch and bowline – a leader demonstrates at each station.

40–70'

Olympics – Events: knots with eyes closed, knot relay, fastest clove hitch on the stick.

70–80'

Devotion – What holds us together: “Over all these put on love, which binds them all together” (Colossians 3:14).

80–90'

Awards – Everyone gets a certificate; coil the ropes neatly.



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How it works – simply explained

- 1 Reef knot: right over left and under, then left over right and under.
- 2 Figure-of-eight: make a loop, take the end round once and push it through from the front – it looks like an 8.
- 3 Clove hitch: put two identical loops on top of each other round the stick.
- 4 Bowline: the rabbit comes out of the hole, runs round the tree and jumps back down the hole.
- 5 A leader checks every knot before points are given.

 **Example:** “Your reef knot looks like a granny knot? Then you crossed the wrong way the second time. Try again: left over right!”

Safety

- Never put ropes round your neck.
- In the relay, do not run with ropes trailing on the ground.
- Keep enough distance in games with eyes closed.

Variations

- For advanced Cubs: clove hitch on a ring and timber hitch.
- Introduce a knot passport: every knot learned earns a stamp.

Something to think about

What holds your group together – and what could pull it apart?