

EXTREME SPORTS

Lesson Plan

All About Knots

Lesson Plan for *Rock Climbing*

Grade 3

Objective

To help students study knots used in rock climbing and describe the steps used to tie a particular kind of knot.

Things Needed

- *Rock Climbing* book
- Access to the “Rock Climbing” web page on the Pop! website:
<https://popbooksonline.com/extreme-sports/rock-climbing>
- Computer access for students

Before the Activity

Have students read the *Rock Climbing* book. Open the “Rock Climbing” web page in your internet browser. Pull up the “Explore Links” tab and click on the “How to Tie Climbing Knots, Hitches and Bends” link. This page can also be found here:

<https://www.rei.com/learn/expert-advice/climbing-knots.html?series=intro-to-rock-climbing>

Activity

Rock climbers need to know how to tie many different kinds of knots. For example, pages 4 and 5 of the book describe a double figure-eight knot. “How to Tie Climbing Knots, Hitches, and Bends” describes several other types of knots. Each student should choose one type of knot to research. They should watch the video about that knot and read the text about how to tie it.

Next, students should write a complete sentence to answer each of the following questions:

- What is the knot used for?
- How many lines of rope does the knot need?
- Does it require other equipment, such as a carabiner?
- How many steps does it take to tie the knot?



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Finally, students should write a paragraph listing the steps it takes to tie the knot. Remind students to use transitional words and phrases (such as “first” or “after that”) to make the order of these steps clear and easy to follow.

Evaluation

Collect students’ answers and give each student up to 10 points:

- 1 point for answering each of the four questions with a complete sentence
- 3 points for listing all the steps involved in tying the knot
- 2 points for using transitional words and phrases to make the list of steps easy to follow
- 1 point for using good spelling and grammar

Standards

This lesson plan may be used to address the Common Core State Standards’ reading standards for informational texts, grade 3 (RI 3.3), and writing standards, grade 3 (W 3.2).

