



Teaching with Historic Places Lesson Plan

Sailing Knots

School: Saugus District
Subject: Speech & Language Therapy

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Grade: All

Introduction:

Sailing knots are functional as well as aesthetically pleasing. Learning about the history of knots and learning to make them is valuable and useful information.

Objectives:

- To follow the language of sequential oral directions with visual, auditory and tactile components.
- To comprehend and act on the adjectives, adverbs and prepositions used as the vocabulary of directions.
- To interpret and use visual directions - step by step illustrations to help make the knot.
- To listen to a general history of knots and their practical applications in sailing ships and climbing.
- To increase eye hand coordination and manual dexterity.
- To gain satisfaction from independently producing a concrete product.



At the Charlestown Navy Yard.

Materials:

- *The Complete Book of Sailing Knots* by Geoffrey Budworth (selected knots)
- Cord and ribbon
- Styrofoam board and T-pins to work knot



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- Step by step demonstration by therapist
- A visit to the Newburyport Maritime Museum

Activities:

With a small language therapy group of no more than 4 students in the Middle School age range begin by showing pictures and real knots to create an interest. Then read about and discuss the history and use of knots in sailing ships and mountain climbing. Highlight some knots with interesting applications or intricacy. Discuss and have on hand the tools and few supplies needed to make two different knots. Work as a group looking at the illustrations and listening to the therapist to make the knot step by step. Compare and contrast how different cord, rope or tape (ribbon) yields different sized and somewhat different looking knots.

Assessment:

A successfully completed product as determined by the therapist achieved while staying focused but working independently will be deemed adequate assessment of the objectives.

Reef Knot or Square Knot:

This knot has been used by many ancient civilizations including the Egyptians, Greeks, and Romans. It was a Roman citizen, Pliny the Elder, who concluded that wounds bound with this knot would heal faster. First aid classes today still teach that it is an excellent knot for bandages and slings. The reef knot is a binding knot and has practical applications for tying shoe laces, binding reefed sails, and fastening down an anchor on deck.

Procedure:

1. Cross the two ends of a foot long piece of rope over each other.
2. Loop the right side under the rope making a half-knot.
3. Repeat the previous step making another half-knot.
4. Pull both ends forming a square knot.
5. The photograph to the right shows a completed square knot that can be compared against.



A reef knot.



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Figure-Of-Eight Loop:

The figure-of-eight (also called the Flemish loop or figure-eight on a bight) is a very popular stopper knot used in sailing and also by climbers and spelunkers. It is easy to teach, tie, untie, and remember.

Like the reef knot it was used by many ancient civilizations.

Procedure:

1. Make a large 6" loop with a piece of rope about a foot long.
2. Bring the loop down and cross over.
3. Then go under the 2 pieces of rope and pull.
4. The photograph to the right shows a completed figure-of-eight loop that can be compared against.



A figure-of-eight loop.