

JUNIOR SAINTS
ACTIVITY PLAN
AGES 7–11

ROPES & KNOTS

INTELLECTUAL CORE

Version 2026.1



Tie One Good Knot

Learn the square knot, then race to tie it as a team.

🕒 60 minutes · one session

🎯 WALK AWAY WITH

- Can name three parts of a rope and tell one rope from another.
- Has tied a square knot with both hands on his own.
- Has run a paired tying relay with the group.
- Has used a real knot to hold a load that holds.

📦 BRING / SET UP

- One short rope per Junior Saint, about four feet long — soft braided or cotton, easy on small hands
- Three sample ropes for the leader to show: a thick natural rope, a thin synthetic rope, and a piece of paracord
- Two sticks or broom handles a Junior Saint can hold steady
- A small bucket or bag that fits one or two books inside (the load)
- A clear open floor and two cones to mark the relay start and turn

FOR THE LEADER

This is a Junior Saints preview of the **Ropes & Knots** badge. No advancement credit is earned here — the goal is to introduce these concepts to Junior Saints alongside the older Saints Global youth working the full BRC. The 4-session Saints Global arc lives under *Activity Plan (SG)* in the BRC builder.

TIE ONE GOOD KNOT (PAGE 1 OF 2)

THE HOUR

BLOCK 1 · DISCUSSION **Opener — Welcome circle**

⌚ 5 min

Stand in a circle. Each Junior Saint says his name. Then he names one thing that holds something together with a rope or a string. Examples: a shoe, a swing, a tent, a flag. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE **Three kinds of rope**

⌚ 8 min

1. Sit in a circle. The leader holds up three sample ropes one at a time.
2. Thick natural rope: rough on your hand. Made from plants.
3. Thin synthetic rope: smooth and bright. Made in a factory.
4. Paracord: skinny and strong. Made for camping and climbing.
5. Each youth touches each rope. Squeeze it. Say which one feels strongest.
6. Teaching point: the right rope for the job. A skinny rope cannot hold a heavy load.

BLOCK 3 · SKILL PRACTICE **Tie an overhand knot**

⌚ 12 min

1. Each youth gets one short rope. Hold one end in each hand.
2. Cross the right end over the left. Tuck the right end under and pull it through.
3. Pull both ends slow. A small tight knot forms in the middle.
4. Untie it. Try it three more times. Slow and steady.
5. Teaching point: an overhand knot is the first knot. Every knot starts with crossing and tucking.

BLOCK 4 · SKILL PRACTICE **Tie a square knot**

⌚ 15 min

1. Hold one end of the rope in each hand. Two ends, two hands.
2. Cross the right end over the left. Tuck it under. Pull a little.
3. Now cross the left end over the right. Tuck it under. Pull both ends.
4. Look at the knot. It should look like two loops holding each other. Say out loud: 'right over left, left over right.'
5. Untie it. Tie it three more times. Slow.
6. Pair up. Tie both ropes together with a square knot. Pull on each end. The knot holds.
7. Teaching point: a square knot ties two ropes of the same size. Right over left, left over right.

TIE ONE GOOD KNOT (PAGE 2 OF 2)

THE HOUR — CONTINUED

BLOCK 5 · PHYSICAL **The paired tying relay**

⌚ 12 min

1. Two teams. Each team makes a line behind the start cone.
2. The first youth has a rope. He walks to the turn cone. Ties one square knot on the cone or on a stick a leader is holding.
3. A leader checks the knot. Right over left, left over right.
4. If the knot is good, untie it. Walk back. Hand the rope to the next youth.
5. Run the relay until every youth has tied one good knot.
6. Safety: walk, do not run. Ropes can trip people.
7. Teaching point: a knot is not done until someone checks it.

BLOCK 6 · REFLECTION **Close — Stretch and cheer**

⌚ 8 min

1. Stand in a circle. Open and close your hands ten times. Roll your wrists. Hold each for ten seconds.
2. Each Junior Saint says: 'I tied ___ knots today.' Just your number.
3. Group cheer: 'Tie it tight!' Three times.
4. Homework: tie a square knot for a parent this week. Say the words out loud while you tie.

AT THE CLOSE · DEBRIEF

1. Which hand did you start with on the first cross?
2. How many square knots did you tie in the relay?
3. Which sample rope felt the strongest in your hand?

☑ *This is a Junior Saints preview session. No Ropes & Knots BRC requirements are earned here — the goal is to introduce the concepts the older Saints will work on.*

Tie a Square Knot

Print and post so Junior Saints can follow the square knot steps.

ROPES & KNOTS · JUNIOR SAINTS CARD

Right over left, left over right.

The dark rope is your left end. The orange rope is your right end.

1 Two ends, two hands

Hold one rope end in each hand.
One end is dark. One end is orange.



2 Right over left

Cross the orange end over the dark end.
Tuck it under and pull a little.



3 Left over right, pull tight

Cross the dark end over the orange.
Pull both ends. Two loops hold each other.



Say the words out loud while you tie: right over left, left over right.