

Lesson Plan

Topic: Figure 8 on a Bight

Materials needed: A section of rope for each student.

Preparation: The instructor should be comfortable tying figure 8 on a bight. Students may have little to no experience with rope but should be familiar with the term loop, bight and should be able to find the end of the rope.

Time: 10 minutes

Prepared by Chris Lucas

Learning Objectives:

The student will be able to reliably tie a figure 8 on a bight with a safety knot.

The student will be able to recognize a knot that is properly tied.

Tasks:

1. Tie the Figure 8 on a bight
 2. Dress the knot
 3. Tie the safety knot
-

Task 1 Steps: Tie the figure 8 on a bight

1. Hold the rope in your hands and create a loop. This loop is referred to as a bight.
 2. Hold the end of the loop with your right hand and grab the two strands with your left hand.
 3. Fold the rope in half and twist the two strands in your left one full revolution.
 4. Take the end of the bight in your right hand and put it through the newly created loop in your left hand.
 5. Now pull tight. You should have a figure 8 on a bight with no more than 8 inches of tail.
-

Task 2 Steps: Dress the knot

1. Take the knot and correct any twists so that the rope lays flat within the knot.
 2. Pull the knot tight.
-

Task 3 Steps: Tie the safety knot

1. With the tail of the rope tie an overhand knot and pull it tight.

2. Make sure the safety knot is no more than 1 inch away from the figure 8

Practical assessments:

Each student must be able to tie the Figure 8 on a Bight on their own with no outside assistance. The knot neat and well dressed and have the appropriate safety knot no more than 1 inch from the knot.

Lesson outline:

Set up the class room so all students have a good view of the instructor.

Prior to handing out practice ropes review slides.

Hand out the ropes and have each of the students follow along with their own ropes while performing the tasks slowly.

Once all students can perform the task begin testing.