

**Topic: Forest School – Knots**

**Year 1**

**What I will know**

- Understanding the purpose of a particular type of knot.

**Key knowledge I will understand**

- Why is a shoelace knot (granny knot) known as the 'bunny-rabbit knot'?
- Why is knot tying an important skill?

**Tying knots is an essential skill children should learn**

- Knot tying develops our hand muscles and strength.
- While trying to replicate a knot or untie it children are encouraged to think critically from different perspectives.
- Whilst following visual instructions to tie knots, children use their hands and eyes simultaneously.
- Knot tying develops skills such as critical thinking and problem solving.
- Children use both hands to tie a knot, helping them to coordinate both sides of their body which in turn helps them to perform different tasks to achieve an outcome.

**How I will investigate**

- Tying shoelaces
- Tying things to a tree, e.g., an Easter tree, a Christmas tree, a wishing tree, or a story tree
- Tying a balloon
- Making kites
- Invent rhymes, riddles and songs to help tying knots
- Practise untying knots

**Bunny-rabbit knot (loop, swoop and pull)**

This knot is used for tying shoelaces. Make a loop with one end, wrap the other end around it and then pull another loop through the 'hole' in the middle. This is also known as the 'bunny ears' shoelace knot, due to its two loops.

