Lesson Plans are designed to accompany the related Helps documents for each Step. Please refer to the resources in the appropriate Helps document found in the Leader Pages while you prepare your lesson.

The six “F”s are presented in a suggested order, but you are not required to complete them in that order. You may rearrange them as fits your troop’s particular needs.

Necessary Resources

- Lengths of Rope for each Trailman (two thicknesses for Sheet Bend)
- Newspaper
**NEWSPAPER FIGHT**

Have the Trailmen crumple at least five pages of newspaper each. Divide the Trailmen into two teams. Mark a specified line that the Trailman cannot cross. One team should begin on either side of the specified line with their crumpled newspapers. On “go,” have the Trailmen start throwing the crumpled newspapers over to opposite side of the line (not at the other Trailmen!). Allow three to five minutes for the boys to throw the newspapers back and forth. When time is called, the team with the least amount of newspapers on its side wins.
FOCUS

----------------------------------------------------------------------------------------------------------------------------------------

Simple Knots
Demonstrate how to tie simple knots. Examples include:
- Overhand Knot
- Square Knot
- Figure Eight Knot
- Slip Knot

Medium Knots
Demonstrate how to tie basic knots. Examples include:
- Sheet Bend
- Clove hitch

In addition to learning these new knots, review or learn the ones taught to the Foxes.

Learn about the parts of a rope. There is a list of parts and a description in the Helps document.

Advanced Knots
Demonstrate how to tie advanced knots. Examples include:
- Timber hitch
- Taught-Line Hitch
- Bowline

In addition to learning these new knots, review or learn the ones taught to the Foxes and Hawks. Also review the parts of a knot.

Learn how to care for a rope. Ways to care for rope are listed in the Helps document.
FINGERS

New Knots
Have the Trailmen practice tying the knots they were taught, assisting as necessary. Have them keep practicing until they know how to tie the knots for themselves.

Knot Bad!
Have the Trailmen practice tying the knots they were taught, assisting as necessary. Have them keep practicing until they know how to tie the knots for themselves.

Teach the Trailmen how to coil the rope by wrapping it around their hand and elbow. Have them practice.

Knot Joking Around!
Have the Trailmen practice tying the knots they were taught, assisting as necessary. Have them keep practicing until they know how to tie the knots for themselves. Then have a Knot Relay. See the Helps document for instructions.
FAITH (TRAIL GUIDE THOUGHTS)

Strong Faith
Knots are very strong and support heavy things. You need to be strong in your faith, like the knots are strong. You want to be a knot that no one can untie!

Pray with the Trailmen.

Helping
Read Proverbs 16:16 and discuss this passage with the Trailmen. Pray for the Trailmen to be wise and that they may be prepared to help someone this week.

Good Stewards
Read and discuss I Peter 4:10. One interpretation of this scripture could be that we are being good stewards when we fully use the resources available to us. It is good to be resourceful and not waste the natural materials God gave us.

Pray with the Trailmen.
Practice at Home
Send home the length of rope and instructions for various knots.
By actively participating in this meeting, each Trailman earned the Ropes & Knots Step on the Outdoor Skills Branch.

*Note: It is up to the Trail Guide to determine whether or not a Trailman was an active in the meeting. Even if he attended the meeting, you are not required to award him the Step if he did not participate.