

Could you untie the damsel in distress? Undo as many knots as you can in 1 minute



For leaders

Prepare a length of climbing rope with lots of overhand knots in it. Time your young people to see how many knots they can undo in 1 minute. You could get them to tie the knots again for the next person.

Age 14 - 18

Age 5 - 7

Age 7 - 11

Activity details

This activity counts towards...



- Superhero Adventures

£/Free Day/Night	Indoors
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|---|---|
| <input type="checkbox"/> 11 - 14 | <input checked="" type="checkbox"/> 14 - 18 |
| <input checked="" type="checkbox"/> 5 - 7 | <input checked="" type="checkbox"/> 7 - 11 |
| <input type="checkbox"/> 3 - 5 | |

- | | |
|--|--|
| <input checked="" type="checkbox"/> Autumn | <input checked="" type="checkbox"/> Spring |
| <input checked="" type="checkbox"/> Summer | <input checked="" type="checkbox"/> Winter |

Skills:

- Communication
- Decision making
- Fine Motor Skills
- Problem solving
- Self motivation
- Teamwork

Equipment:

- Rope
- String