



## Move your Body & Art for Week 8

### MAA Grades 6-8

Yes, you read that right! This week's lessons for Art and PE are one and the same! **HOW**, you ask??? **Well...**

This series of lessons came to me from my friend and PE mentor, Paul Mackinnon, AKA Uncle Paulie (yep, you know him!!) It is entitled,

#### **'Knot E Fun Learning Time'**

and involves the **art** of knot tying. In the videos, Uncle Paulie features knots that can be used by boaters, scouts, climbers, search and rescue, sailors, arborists (that's folks who work on trees), fishermen...the list goes on. ..in other words, these knots are very handy for many active people, hence the **PE** component.

#### **Episode 1:**

Uncle Paulie says, "Grab some cordage (rope) and let the knottiness begin...."

Click the link below to access Knotty Fun Time with Uncle Paulie; Episode 1, featuring nomenclature (that's the names) for knot tying, the "**Overhand Knot**" (the gateway knot), some bad puns and very dry humour...

<https://www.youtube.com/watch?v=HeLks-pcxos>

During this Quarantine Time, when many people aren't as 'tied up', why 'knot' start 'roping in' your skills? What, 'knot' funny??? 😊

#### **Episode 2:**

Episode 2 of "Knotty Fun with Uncle Paulie" takes you through "**The Fishermen's Knot**", "**His Eye**", the "**Double Fisherman**" and his garage! He also leaves us with a nugget of 'Knot Wisdom', more knotty puns and some bonuses beyond his dry humour.... check it out:

<https://youtu.be/4HTja8FVj4o>

### Episode 3:

Here is the link to Episode 3 of Knot E Fun Learning time with Uncle Paulie: [https://youtu.be/Y9\\_ZUyT1DVA](https://youtu.be/Y9_ZUyT1DVA)

It features the *“Lariat Loop”* – a sweet adjustable loop, and a lot of background about Paulie’s adventures with it...

And here is an **‘Uncle Paulie’s Shorts’** featuring the “Lariat Loop” - straight to the tying: <https://youtu.be/2CmuYs2u0lo>

### Episode 4:

This video takes you through the *“Running Loop”*, which is the basis for several knots. Paulie takes the Running Loop/knot through to complete the *“Daisy Chain”* and the *“Trucker’s Hitch”*. The Trucker’s Hitch is first anchored with a Lariat Loop from Episode 3 and finished off in two different ways using a series of ½ hitches and Paulie’s favorite, the *“Canoeer’s Hitch”*. The latter is simply another variation of the Running Loop.

<https://youtu.be/XJNGropQgHg>

Finally, here is another of **Uncle Paulie’s Shorts** featuring the Daisy Chain from Episode 4:

<https://youtu.be/cwuupVCJPZQ>