

5. Physical Feats

- **Cup Stacking:** Beat the clock – Speed stacking cups can be purchased online or at a number of locations. Public schools may have speed stacking cups they would lend or check-out.
- **Knot Tying:** *Reel in the Fun* publication 4H337B, page 13 contains knot tying information as does page 17 of *Sport Fishing Helpers Guide* publication **4H 337LDR**
 - Animated Knots by Grog: <http://www.animatedknots.com/> provides visual instruction for tying a wide array of knots. The animation can be viewed fast, slow, or a step at a time.



- **Rope and Nut Knot:** This feat is more challenging than meets the eye. Tie a large nut (3/4 or 1 inch) on the end of a lightweight rope. The challenge is to hold the end of the rope with one hand and try to bounce the nut in a manner which will result in a knot being tied into the rope.



- **Cup and ball:** ESET *Toys in Space* Level I 4H-87, Activity 5 provides instruction for making a ball and cup toy. A cup and ball toy can be made using a variety of materials or can be inexpensively purchased. Challenges can range from simply trying to make a catch, most catches in a set time period, to highest number of catches in a row.

