

Lesson 3: Knots and casting activity

Tie a Palomar knot

What you'll need:

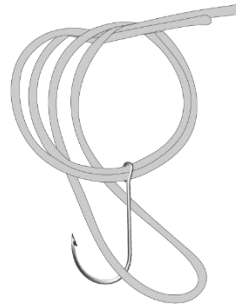
- a shoelace or piece of string
- a washer, keychain ring, or other ring, this will be your “hook”
- optional: fishing line and hook

Instructions: Practice your knot tying skills! Below you will see the steps to tying a Palomar knot. Using your shoelace instead of fishing line and washer or any other metal ring, work your way through the steps. Once you've practiced a few times, try completing the knot with your fishing line and hook or lure.

Step 1: Fold your line in half and feed through the eye of your “hook”, snap-swivel, or lure.



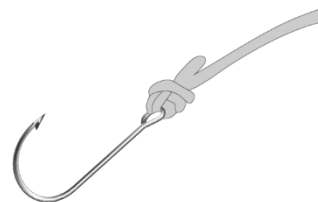
Step 3: Feed the “hook” through the loop.



Step 2: Tie an overhand knot with the loop, but don't pull tight.



Step 4: Pull tight and cut the tag end.



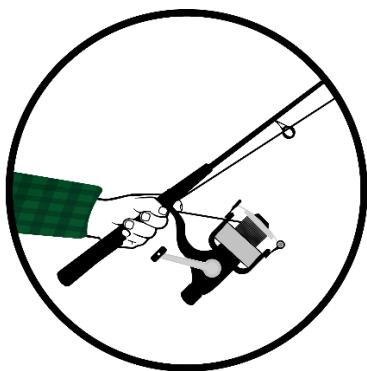
Casting

What you'll need:

- fishing rod
- keychain or lure with hooks removed
- hula hoop or other target

Instructions: Tie your keychain or lure with hooks removed onto your fishing line (bonus points for using the Palomar knot!). Find a spot outside away from trees and people and place your hula hoop or target a few meters away. Using the techniques in the guide below, practice casting until you land inside the hoop or target 10 times (or as long as you want!).

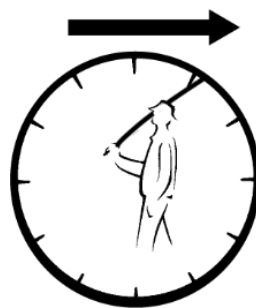
Step 1: Hold the line against the rod with your index finger.



Step 2: Using your other hand, flip the bail.



Step 3: Position rod over your shoulder at the 1 o'clock position.



Step 4: Throw rod forward, releasing line around the 11 o'clock position.



Step 5: After you cast, flip your bail back over to secure line.