

# Lesson Plan

**Target Outcome:** Coordination & Balance

**Date:**

**Pre Lesson Checks:**

What riders/ponies

Correct tack selected

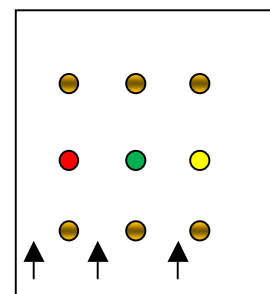
Ponies tacked up

School prepared

Riders appropriately attired

Whips etc (if required)

Leaders/side walkers



School Notes

Timing	Activity Description	Resources
10 min	Warm up ponies prior to riders meeting & mounting Meet ponies, girth & stirrup check	Leaders to walk ponies round. Instructor to mount, off side helper
15 min	Warm up in open order, starting with no reins Wave – one hand, two hands Exercises – change rein (high 5) - exercise	Warm up: head side to side, shrug shoulders, arms to sky/in front, touch head/hips/parts of horse, feet out/stand up in stirrups
30 min	Lesson: <i>10 min</i> – Stop/start; rider positioned at each cone. Riders to move to next cone, then miss a cone, and then ride round the whole school (riders gradually taken off the lead rein; who can get to the cone first)? <i>15 min</i> – 3 sets of 3 cones – place two hoops onto each of the middle cones. Riders to line up M-H, on start, riders to ride to the middle cone, pick up one of the hoops, ride to the last cone and get the hoop over the cone, steer round the cone, back to the middle cone, collect the remaining hoop, back to the first cone and drop over the cone, steer the pony round the cone so they are positioned to start again. <ul style="list-style-type: none"> <li>• Could start by doing it one at a time</li> <li>• Then 3 together or 2 relays (depending on numbers)</li> <li>• Could combine activity with cone weaving</li> </ul> If time – Quick game such as Grandmothers Footsteps <i>5 min</i> – Walk ponies round school, feet out of stirrups	4 cones placed at C,B,A,E  Cones set up in 2 or 3 runs of three cones, with a large cone in the centre of each line and two smaller cones at each end.  Make sure all riders start the same side  Clear school, someone to be grandma
5 min	Line riders up on the centre line, dismount, stirrups up, riders then ponies leave the arena	

**Post Lesson Activities:**

Untack ponies

Clear school

Write up rider notes

**Rider Notes:**

Riders	Ponies	Leader	Side Walker(s)	Comments