

Lesson Plan

Target Outcome: Steering, teamwork

Date:

Pre Lesson Checks:

What riders/ponies

Correct tack selected

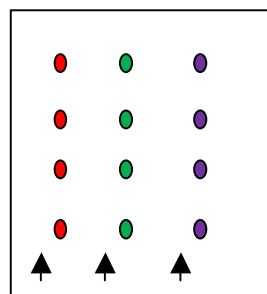
Ponies tacked up

School prepared

Riders appropriately attired

Whips etc (if required)

Leaders/side walkers



School Notes

Timing	Activity Description	Resources
10 min	Warm up ponies by leading pre-mounting riders. Meet ponies (rider warm up), mounting, girth & stirrup check	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>15 min</i> – Stop/start; rider positioned at each cone. Riders to move to next cone, then miss a cone, then ride round the whole school (riders gradually taken off lead rein) change rein and repeat. <i>10 min</i> – Relay race; riders line up at C, cone weave to A, round the last cone and back to their starting position. <ul style="list-style-type: none"> • Could start by doing one at a time • Then, 3 together or 2 sets of relays • Could cone weave up and trot back <i>If time</i> – Game; Grandmothers footsteps <i>2 min</i> - Cool down – walk round arena with feet out of stirrups, stretching legs.	4 cones placed at C,B,A,E Cones set up in 2 or 3 runs of four cones, with a large colour cone as the last cone to give a point of reference for the riders Make sure all riders start the same side Clear school, someone to be “grandma”
5 min	Line riders up on centre line, dismount, stirrups up, riders then ponies leave the arena	Instructor & off side helper to assist with dismount

Post Lesson Activities:

Untack ponies

Clear school

Write up rider notes

Rider Notes:

Riders	Ponies	Leader	Side Walker(s)	Comments