

LESSON PLAN

Lesson topic:	Team Bending		
Skill level of riders: Eg. D/D* rid	Beginners – at walk; Intermediate - at trot; Advanced – at canter		
Discipline:	Mounted games, Certificate Level E, D, D*, C	Lesson length:	30 mins
Equipment Needed	5 bending poles placed 7.3-9.1m apart (aim for 8m) 2 poles for start and finish line 1 x baton to pass	Pre Class	Safety check of riding area Instructor Introduction Confirm lesson duration Check for rider medical ailments or special needs Gear Check for safety Emergency Stop Procedure

Sequence	Duration	Activity	Note
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Goals/ Explanation		4 Riders per team that will weave up and back through bending poles, then pass a baton to the next rider at their right shoulder.	
Warm Up		Warm up to ensure pony and rider control, and ability to stop Led riders can also participate in event Complete warm up on 40m circle Confirm control – especially as riding in open area Walk/ trot full arena both reins.	Decide on pace of teams to be at walk, trot or canter after viewing skill levels in warm up.
Activity Execution		4 riders per team – may commence as independent activity before adding baton pass At start first rider carrying baton will complete bending – weave up and back with first pole at riders R shoulder. Any knocked poles to be up in upright position by rider (modify as necessary for group – parent helpers may assist)	Ensure riders stop for baton passing – be wary of horses cantering at another horse at baton change
Cool Down		Circle walk – long rein both directions Riders to stretch legs, maybe tired if doing two point	
Summary Feedback and Questions	This can be done during cool down. Ask a mix of open and close questions to each rider to assess their understanding. Summarise the lesson (tell riders what you have taught them) Give positive feedback and maybe some homework. Ask rider if they have any question or how did they like the lesson. Thank riders and dismiss safety.		

MOUNTED GAMES ARENA- pole set up

