

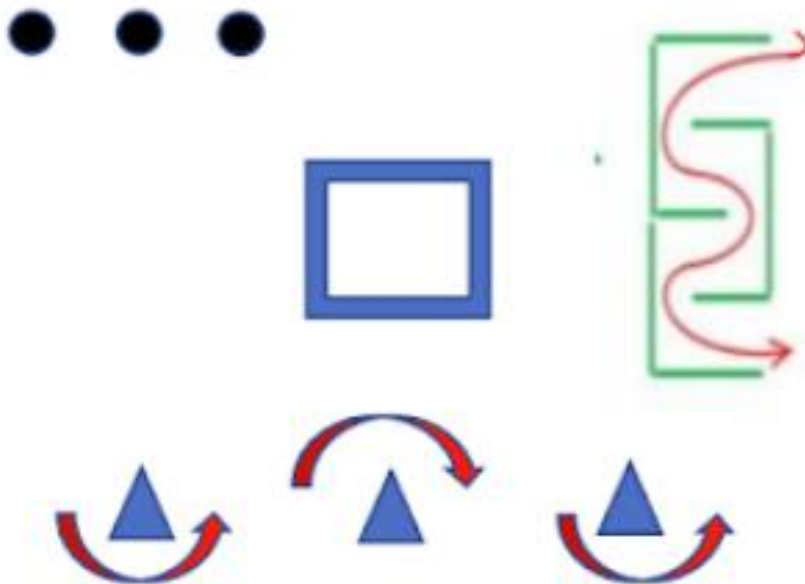
LESSON PLAN

Lesson topic:	Stop, Go and Turn Aids and horsemanship skills. Riding with one hand.		
Skill level of riders: Eg. D/D* rider	E Certificate/ Beginner		
Discipline:	Horsemanship Working Equitation	Lesson length:	30 mins
Equipment Needed	3 cones 3 bending poles or blocks 3 cones	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
Goals/ Explanation		Today we will practice rider agility, stop, go aids and horsemanship skills. We will introduce bending lines, riding with one hand and develop balance and coordination.	
Warm Up	5 mins	Walking ponies through the course can be part of warm up.	
Activity Execution	15-20 mins	<p>Parents can hold ponies while riders dismount. Coach can walk rider through the activity course.</p> <p>Mounted – riders can use a helper to assist them walking through the course</p> <p>Next step, riders can ride at a walk through the course unassisted</p> <p>Next step, riders can practice trotting through the course.</p> <p>Can add mounting at the beginner and dismounting at the end as part of the course. Could also time it so riders can race each other or their own time. (See course outlay below)</p>	
Cool Down	5 mins	1. What are the aids used for?	

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		<p>2. Do we use our rein aids at the same time as our leg aids</p> <p>3. How can we reward the horse for doing the right thing.</p> <p>Summarise lesson and tell riders what you've taught them. Ask if they have any questions. Give positive feedback and ask them to practice as homework.</p>	
<p>Summary Feedback and Questions</p>	<p>This can be done during cool down</p> <p>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 safely.</p>		



Acknowledgement:

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