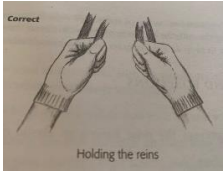
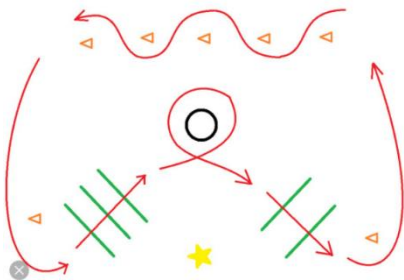


<b>Lesson Plan 1</b>		The aids for go, stop and turn.	
<b>Skill level of riders:</b>		E certificate level	
<b>Lesson length:</b> 35 mins			
Sequence	Duration	Activity	Note
Introduction	5 mins	My Name is: (Coach name) My Topic is: The aids for riding The purpose of this lesson is: explain and understand aids used when riding	Gear – check areas of wear Rider – check boots and stirrup size, helmet, jewellery, uniform Horse – check saddle, bridle, other gear such as martingale, breast plate etc
Safety Check		Emergency Stop: Halt until further notice. Safety of Area: Check Surface and area eg: gates closed.	
Gear Check		Medical check: "Is there is any condition or problem that might affect your learning throughout this lesson?"	
Equipment Needed		Gear check - Ask for information about horse and rider combination Eg. Witches hats/cones/ poles for riders to practice navigating turns.	
Explanation	5 mins	Why? To ensure we can go, stop and turn  Where? Hands, legs, Voice  How? Use pressure-release principles – explain correct way to hold reins, to apply the stop aid, go aid and turning aid.  When? When riding or groundwork.	
Demonstration	5 mins	Practical demonstration. Could be unmounted. Riders to practice the turning, stopping and go aids before heading out in group ride.	Remember that if you use a demonstration rider, they won't see your demonstration.
Warm up	5 mins	"We will prepare our horse for the lesson with the following warm up" explain consider safety	
Activity Execution	10 mins	Group to ride through a small course made up of poles and cones to navigate and practice stop, turn and go. Go both directions, include some trot if capable.  	Equipment 5 poles 7 cones 1 Barrell or block
Cool down & Feedback	5 mins	Proceed to cool down ponies. Ask a mix of open and closed questions to each rider to assess their understanding, eg: <ol style="list-style-type: none"> <li>1. How much pressure do we use the first time we ask?</li> <li>2. What can we do if the pony does not respond?</li> <li>3. How do we reward the pony?</li> </ol> Summarise the lesson (tell the riders what you've taught them). Positive feedback and homework suggestions. Ask if they have any questions or feedback for you. Thank the riders and dismiss them safely!	

Evaluation		Record your reflections on the lesson in your Coach journal and note any particular problems riders may have experienced.
------------	--	---