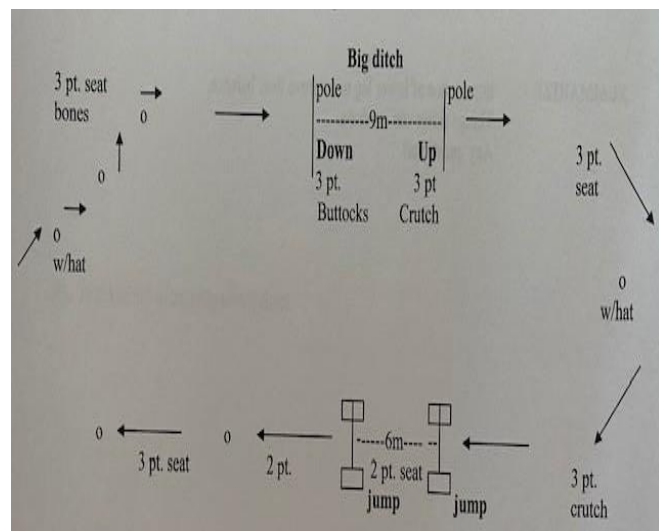


Lesson Plan 10		Aunt Sally's Obstacle Course	
Skill level of riders:		E certificate level	
Lesson length: 50 mins			
Sequence	Duration	Activity	Note
Introduction	5 mins	My Name is: (Coach name) My Topic is: Aunt Sally's Obstacle Course The purpose of this lesson is: learn the different riding positions and when to use them. We will be using these positions around the obstacle course.	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?" Gear check – Ask for information about horse and rider combination	
Equipment Needed		Equipment: Neck strap, obstacle course as below, natural terrain, 6 witches hats, 4 blocks, 4 poles.	
Explanation	5 mins	Why? To learn the different riding positions when jumping How? Explain 3 point seat bones, 3 point crutch, 2 point position, 3 point buttock position. When? Riding different terrain and jumping obstacles	
Demonstration	10 mins	Practical demonstration. <ul style="list-style-type: none"> • 3 pt seatbone – used most of time, riding on flat terrain, towards a jump to slow down on XC or SJ. • 3 pt crutch – used up an incline, down incline, to send horse forward, approach a fence • 2 pt position – out of saddle, use up a steep hill, XC between fences, after a jump, use to improve balance and position of lower leg • 3 pt buttock position – use down steep slide or bank, to slow down or stop, or if horse is bucking or trying to bolt (flight instinct). 	Remember that if you use a demonstration rider, they won't see your demonstration.
Warm up	10 mins	Shorten stirrups (as for jumping). Walk and trot using different riding positions.	
Activity Execution	15	Negotiate the obstacle course starting with one exercise at a time in walk and then trot. Next, one at a time, riders attempt whole course from start to finish. Next poles could be placed on blocks to add height.	6 Witches hats, 4 blocks 4 poles

Cool down & Feedb https://www.trybooking.com/BNRQlack	5 mins	Ask a mix of open and closed questions to each rider to assess their understanding. 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!
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Evaluation		Record your reflections on the lesson in your Coach journal and note any particular problems riders may have experienced.
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