

Ready2Ride Lesson Plans

Lesson Plan 12	Traffic Game – control of tempo (Speed) and direction
Skill level of riders	E certificate level
Lesson length	35 mins

SEQUENCE	DURATION	ACTIVITY	NOTES
Introduction Equipment Needed Gear Check & Safety Check	5 mins	<p>My Name is: (Coach name) My Topic is: Controlling tempo (speed) and direction. The purpose of this lesson is: play the Traffic Game and learn to control the speed and direction of horse or pony to stay safe.</p> <p>Cones/witches hats for bending or circling around, poles for riding between. (see examples below)</p> <p>Medical check: “Is there is any condition or problem that might affect your learning throughout this lesson?”</p> <p>Gear check – Ask for information about horse and rider combination</p>	<p>E certificate manual page 32</p> <p>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</p>
Explanation	5 mins	<p>Why? A pony who speeds up or slows down on his own accord is confused and uncertain of his role. This could lead to unwanted behaviour (conflict).</p> <p>How? Explain the aids for controlling speed (go and stop aids). Reinforce the need for reward by softening hands and legs when pony does what has been asked (eg; travels at correct speed).</p> <p>When? Every time the pony speeds up or slows down.</p>	<p>E Manual coach reference: Page 27-30</p>

Demonstration & Warm up	5 mins	<p>Practical demonstration. Explain the different exercises that will be incorporated into the lesson (circle, straight poles, bending poles). Walk with focus on group safety and arena familiarisation and speed control.</p>	<p>Remember that if you use a demonstration rider, they won't see your demonstration.</p>
Activity Execution	15	<p>Traffic Game: Riders walk in circle or full school arena. The lead rider is asked to trot to the back of the ride and when they get there call out “traffic”. The next rider then trots to back of ride and game continues. As riders get the hang of the game, the word traffic could be changed to a part of the gear and saddlery for example “pommel” with rider also pointing to that part.</p> <p>Bending – line cones 10m apart and riders continue game but include the bending lines.</p> <p>Riding through poles – game continues with riders also riding through poles in a straight line (opportunity to change rein).</p> <p>Circle – riders to ask for transitions at the cones (eg; trot to walk, walk to halt)</p>	<p>9 Witches hats (cones) 6 poles</p>

Feedback	5 mins	<p>Ask a mix of open and closed questions to each rider to assess their understanding. For example:</p> <ol style="list-style-type: none"> 1. What are the aids to slow a pony? 2. What are the aids to ask pony to go faster? <p>Summarise the lesson (tell the riders what you've taught them).</p> <p>Positive feedback and homework suggestions. Ask if they have any questions or feedback for you.</p> <p>Thank the riders and dismiss them safely!</p>
Evaluation		<p>Record your reflections on the lesson in your Coach journal and note any particular problems riders may have experienced.</p>

