

Lesson Plan 14		Cavalletti Squares	
Skill level of riders:		E certificate level	
Lesson length: 40 mins			
Sequence	Duration	Activity	Note
Introduction	5 mins	My Name is: (Coach name) My Topic is: Riding over poles/cavalletti and keeping even tempo (speed) The purpose of this lesson is: teach lines, straightness, turns, speed.	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		Eg. Witches hats/cones/ poles to assist (see diagram below for set up and distances). Set up could be one square or two squares side by side.	
Explanation	5 mins	Why? To develop coordination and confidence in riders and horses for preparation to jumping in future. How? Use the cavalletti pattern prepared to coach riders through turns, using cones as guides and encourage straightness and even speed. Remember to follow principles of pressure and release when turning and stopping and after horse has moved forward from the leg.	

Demonstration	5 mins	Practical demonstration. Group to be shown how the cavalletti pattern is to be ridden. Remind group of safety when riding in single file.	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” Warm up could include riding the pattern in walk and changing rein regularly. Include halts to check rider's brakes.	
Activity Execution	15 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 7 poles 4 cones (double if using two squares)

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: 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.

