

Ready2Ride Lesson Plans

Lesson Plan 15	Rising Trot (followed by 'Numbers' game to practice skill)		
Skill level of riders	E certificate level		
Lesson length	45 mins		
SEQUENCE	DURATION	ACTIVITY	NOTES
Introduction Safety Check Gear Check Equipment Needed	5 mins	<p>My Name is: (Coach name) My Topic is: Riding the rising trot The purpose of this lesson is: begin teaching the rising trot</p> <p>Emergency Stop: Halt until further notice. Safety of Area: Check Surface and area eg: gates closed. 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 – ensure riders have correct stirrup length. Too long will not provide good opportunity for beginner riders to master rising trot. A monkey grip will assist and give riders something to use as support to start.</p> <p>Eg. Cones or flags placed on a large circle.</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? By rising to correct diagonal, the rider relieves the weight pressure of the horses inside hind leg and assists in the horse developing muscles equally.</p> <p>How? Rider to ensure that their toe is under their knee while holding strap for support. Hips swing slightly forward toward the pommel of saddle making an arc shape. Avoid using the terms 'up' 'down' as this tends to encourage riders to lock in their knees and stand in stirrups.</p> <p>Of note, successful rising trot will rarely take one lesson. You are only looking for the introduction of the skill with the view to working on this over time.</p>	E certificate manual pg 25
Demonstration	5 mins	<p>Practical demonstration. At halt, pretend to post to the trot. Ask riders to rise up and stay up counting to 3 then sitting down smoothly. Then rise, count to 2, then sit down smoothly, then rise count to 1 then down again. If a rider can already rise, use them as a demonstration rider and explain as they ride what is happening. Repeat with another rider if possible.</p>	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 the exercises already completed in demonstration at halt but now at walk.	
Activity Execution Game: Numbers	20 mins	<p>Numbers game</p> <ul style="list-style-type: none"> • A circle of cones are placed in arena. • Riders park their ponies on their allocated 'base' and receive a number. • The coach randomly selects a number ensuring all riders have a turn at trotting in both directions around the bases of all the parked riders. • Progression – riders 'steal' another base by calling out a different number to theirs, at which time the rider in that number must leave before the new rider arrives to park. <p>The coach now has an opportunity to give individual focus and feedback to rider to assist with their rising trot attempts.</p>	<p>Equipment Cones or blocks to be a visual 'base'. 1 per rider.</p>

Cool down & Feedback	5 mins	<p>Proceed to cool down ponies. Ask a mix of open and closed questions to each rider to assess their understanding, eg:</p> <p>Summarise the lesson (tell the riders what you've taught them).</p> <p>Positive feedback and homework suggestions.</p> <p>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>