

Ready2Ride Lesson Plans

Lesson Plan 17	Sack Race (mounted)		
Skill level of riders	E certificate level		
Lesson length	45 mins		
SEQUENCE	DURATION	ACTIVITY	NOTES
Introduction	5 mins	My Name is: (Coach name) My Topic is: Sack Race The purpose of this lesson is: practice leading and mount/dismount skills further	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	
Equipment Needed		Eg. Start line and sacks (one for each rider) **Old chaff bags can be used as sacks**	
Explanation	5 mins	How? Set up two lanes safely distanced. Riders line up mounted at one end, with the sacks up the other end. On GO ride to sack, dismount, step into sack and lead pony, hop/run back to the start line. Then next rider begins.	
Demonstration	5 mins	Practical demonstration. Demonstrate the game showing how to get in the sack. Discuss rules below. Have some helpers on hand to assist riders.	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” Ensure a good warm up in walk with some rider agility exercises.	
Activity Execution	20 mins	Rules of game: <ul style="list-style-type: none"> • Feet must be out of stirrups before dismounting. • Both reins in one hand 	Equipment Sacks Cones/blocks for start line or to separate the lanes.
Cool down & Feedback	5 mins	Proceed to cool down ponies. Ask a mix of open and closed questions to group, eg: Why is it important to remove both feet out of stirrups before dismounting? 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.	

