Ready2Ride Lesson Plans

Lesson Plan 18	Terrain Adventure Ride
Skill level of riders	E certificate level
Lesson length	40 mins

SEQUENCE	DURATION	ACTIVITY	NOTES
Introduction Safety Check Gear Check	5 mins	My Name is: (Coach name) My Topic is: Riding across different terrain The purpose of this lesson is: teach how to ride different terrain such as: hills, water, trails, bushland. 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?" Gear check - Ask for information about horse and rider combination	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
Explanation	5 mins	Why? Practice the different riding positions required for riding on XC to assist horses balance. How? Explain 3 pt seatbone, 3 pt crutch, 2 pt position, 3 point buttock. (as per lesson plan 10) Where? Position will change dependant on terrain eg; travelling up hill or down a hill When? Riding cross country or trails, jumping	
Warm up	5 mins	"We will prepare our horse for the lesson with the following warm up" Shorten stirrups (as for jumping) walk using different riding positions.	
Activity Execution	20 mins	Group to explore club grounds. Look for opportunities to safely navigate hills, water, bush tracks etc. Riders to demonstrate position appropriate to terrain. Trot could be considered if group capable and safe to do so.	
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. 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.	