

# Ready2Ride Lesson Plans

Lesson Plan 22	Horse Ball Fun
Skill level of riders	E certificate level
Lesson length	40 mins

SEQUENCE	DURATION	ACTIVITY	NOTES
Introduction	5 mins	My Name is: (Coach name) My Topic is: Having fun with the giant horse ball The purpose of this lesson is: desensitise the ponies to the ball and have fun	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?”	
Equipment Needed		Gear check - Ask for information about horse and rider combination Horse Ball	
Explanation	5 mins	Why? Fun and riders practice skills of turning, go and stop  Where? A safe and flat area  How? Introduce the horse ball to riders and horses. Give combinations plenty of time to each look and approach the ball. Be patient with any combinations who might be wary. With the right approach, the horses soon enjoy the ball and riders gain confidence. Explain safety and how to be aware of each horse’s space	
Warm up	5 mins	“We will prepare our horse for the lesson with the following warm up”. Riders could each take turns in approaching the ball and seeing if their horse will give it a nudge with nose or hoof.	
Activity Execution	20 mins	The activity will depend on how quickly the horses and ponies plus riders become confident with the ball. Todays lesson might just be about desensitising everyone. Or try one of these: <ul style="list-style-type: none"> <li>• Play pass the ball. Line riders up half each end and take turns moving the ball down the arena to the next rider.</li> <li>• Play equine soccer. Set up some cones for goals and create teams.</li> <li>• Obstacle course. Put out some flags or cones and riders push ball around the course to the next rider.</li> </ul>	Equipment Giant ball or horse soccer ball Cones for obstacle course or soccer if needed

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,  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.</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>

