

Ready2Ride Lesson Plans

Lesson Plan 24	Rookie SJ Round
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: Riding your first SJ round The purpose of this lesson is: practice the skills to ride a basic SJ course	Gear – check areas of wear Rider – check boots and stirrup size, helmet, jewellery, uniform Horse – check saddle, neck strap, 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 – check riders have appropriate stirrup length Enclosed area, 12 blocks/wings and 12 poles as per diagram below. Rider to wear a neck strap.	
Explanation	5 mins	Why? To confidently negotiate a course of trot poles and cross rails in preparation for future competition. How? Riders begin with poles on ground completing course in walk. Followed by trot and raising poles to cross rails when ready.	
Demonstration		Check riders are familiar with course. Use the most confident riders to attempt course first.	
Warm up	5 mins	“We will prepare our horse for the lesson with the following warm up” The group will walk course as warm up. Include rider exercises to improve lower leg position. Practice following with hands (rein release) and keeping eyes up.	
Activity Execution	25mins (could be longer depending on number of riders in group)	Each rider has the opportunity to ride the course numerous times. A final ‘competition’ round could be set. The round could be timed and penalties taken, with riders going through start and finish flags and presenting to a judge (helper or parent). Continue to make positional corrections and give lots of positive encouragement.	
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.	

SHOWJUMPING

