

# Ready2Ride Lesson Plans

Lesson Plan 25	Rookie Agility
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: Agility exercises The purpose of this lesson is: to improve rider balance and control of legs and hands.	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  Each rider will need a handler to assist with holding pony. No whip is needed.	
Explanations	5 mins	Why? Agility is fun and improves rider balance  How? Have a helper hold your pony. Tie a knot in reins and undo the buckle, then rest them on the pony’s neck.	

Demonstration	5 mins	A demonstration will be required for each exercise. Do not demonstrate all the exercises at once. Young riders need to be shown and then have a go straight away.	
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Activity Agility Exercises	25 mins	<p><b>Body Bending &amp; Forward (to control your arms and legs)</b></p> <ul style="list-style-type: none"> <li>Lean forward and wrap your arms around the pony’s neck. Try to keep your feet still – don’t let them go back as you lean forward.</li> </ul> <p><b>Toe Touching (improves balance and confidence)</b></p> <ul style="list-style-type: none"> <li>Left hand to left toe, right hand to right toe. Then both hands to both toes. Keep feet still.</li> </ul> <p><b>Aeroplane Exercise (improves coordination and supples the waist)</b></p> <ul style="list-style-type: none"> <li>Both arms out to the side at shoulder height. Twist your body left and look back along your left arm and over the pony’s tail. Then do same on the other side</li> </ul> <p><b>Leg swinging (helps unlock stiff knees)</b></p> <ul style="list-style-type: none"> <li>Cross stirrups and swing your legs – one forward and one back from below the knee to begin and then try from the hip to relax legs.</li> </ul> <p><b>Ankle turning (supples ankles)</b></p> <ul style="list-style-type: none"> <li>Turn both feet up, down and out several times and circle in both directions. Hold your hands as if you were riding.</li> </ul> <p>Round the world With a helper holding your pony, take both feet out of stirrups and cross over saddle. Swing your right leg over the pony’s neck, sit sideways, then the left leg swings over his rump so rider is facing the tail. Then right leg swings again followed by left. Do it both ways. Try with arms folded.</p>	
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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,</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>