

Lesson Plan 29		Bending / baton relay	
Skill level of riders:		E certificate level	
Lesson length: 45 mins			
Sequence	Duration	Activity	Note
Introduction Safety Check Gear Check Equipment Needed	5 mins	My Name is: (Coach name) My Topic is: Bending / baton relay game The purpose of this lesson is: practice skills of turn and coordination 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 – no whips required Start/finish line, bending poles and bases (6 per lane) and a baton – see diagram below for game equipment set up	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	How to play? Rider 1 carries the baton and passes the first pole on left and bends through the poles, making a right hand turn at the end of the lane; then continues bending on the way back to the start line. On returning to and crossing the start/finish line Rider 1 will pass the baton to Rider 2. This continues for remaining riders until all have had a turn. Repeat.	

Demonstration	5 mins	Practical demonstration. Demonstrate the game and in particular ensuring the riders stay on the left of first pole. Discuss safety.	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"> The rider should not let go of pony when dismounting If baton is dropped, it must be picked up and can be given to next rider mounted or dismounted Poles may be replaced mounted or dismounted but must be replaced by the rider responsible for knocking it over 	Equipment Bending poles and bases, start/finish line as below

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.

