

Ready2Ride Lesson Plans

Lesson Plan 30	Cavalletti patterns
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: Cavalletti patterns The purpose of this lesson is: riding over poles/cavalletti and keeping even temp (speed)	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 8 Blocks / 7 poles	
Explanation	5 mins	Why? To develop coordination and confidence in riders and horses for preparation to jumping in future. How? Use the cavalletti pattern prepared to coach riders through turns, using cones to guide if needed, encourage straightness and even speed.	
Demonstration & Warm up	10 mins	Demonstrate cavalletti pattern to be ridden. This could be progressive. Consider using less poles to begin and adding more as combinations become confident. Warm up in walk following patterns.	
Activity execution	25 mins	Group to ride through a small course made up of poles and cones to navigate and practice their control of speed and turns. Go in both directions and trot when capable.	Equipment: 8 Blocks 7 Poles Cones to support riders' lines
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.	

CAVALLETTI-4

Written by Olwen Kemp

