

Ready2Ride Lesson Plans

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| Lesson Plan 31 | Blindfold Race (unmounted) |
| Skill level of riders | E certificate level |
| Lesson length | 45 mins |

| SEQUENCE | DURATION | ACTIVITY | NOTES |
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| Introduction Safety Check Gear Check Equipment Needed | 5 mins | <p>My Name is: (Coach name) My Topic is: Blindfold Race The purpose of this lesson is: To practice steering and bending and have fun</p> <p>Emergency Stop: Halt until further notice. Safety of Area: Check Surface and area eg: gates closed.</p> <p>Medical check: "Is there is any condition or problem that might affect your learning throughout this lesson?"</p> <p>Gear check – Ask for information about horse and rider</p> <p>A blindfold, a piece of rope about 3m long and a bending course.</p> | |
| Explanation | 5 mins | <p>How?</p> <p>Two unmounted riders act as a team. One is blindfolded and acts as the horse, and the rope is put over his/her head and under their arms. The other rider is the driver of the horse.</p> | |
| Demonstration | 5 mins | <p>Practical demonstration. Demonstrate the game before blindfolding one of each team. Discuss rules below. Have some helpers on hand to assist riders.</p> | Remember that if you use a demonstration rider, they won't see your demonstration. |
| Warm up | 5 mins | <p>"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.</p> | |
| Activity Execution | 20 mins | <p>Rules of game:</p> <ul style="list-style-type: none"> • The driver steers the horse down and through the bending course and then back to the finish trying not to hit the poles. • First back with a clear course is the winner (use more than one lane or time teams). • Any poles knocked need to be put back in position by driver. • Riders swap roles • Consider adding other obstacles to the course to make it more challenging | <p>Equipment: Poles or cones to bend 3m Rope Blindfolds</p> |
| Evaluation | | <p>Record your reflections on the lesson in your Coach journal and note any particular problems riders may have experienced.</p> | |

