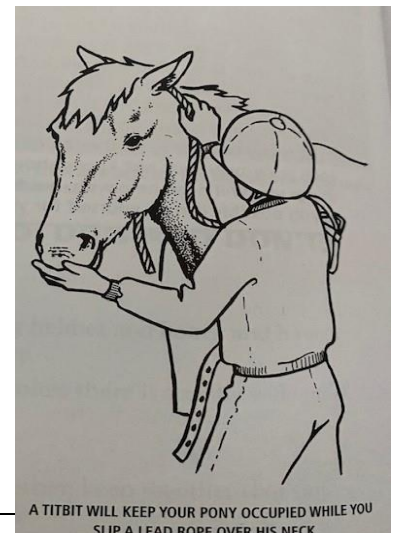


Lesson Plan 5		Punishment, foundation responses and safety. Unmounted session	
Skill level of riders:		E certificate level	
Lesson length: 35 mins			
Sequence	Duration	Activity	Note
Introduction	5 mins	My Name is: (Coach name) My Topic is: Punishment, foundation responses and safety around horses including safely catching and letting pony go. The purpose of this lesson is: explain terminology & safety when catching and letting go of ponies and horses.	
Gear Check & Equipment	5min	Emergency Stop : All halt until further notice Safety of area: Check surface and gates (are they closed?) Medical check – “is there any condition or problem that might affect your learning throughout the lesson?”	Check fit of rider helmet and gloves. Check fit of pony/horse head collar and lead rope.
Explanation & Resources	5 mins	Why? To understand the best way to train and work with our pony but also ensure we remain safe. How? Explain how to be safe around horses. Explain how groundwork can keep the rider safe. Explain things to consider when catching or letting pony go in paddock. When? When riding or practicing groundwork.	E certificate book Pages 10-16

Demonstration	5 mins	Demonstrate safe rider attire for groundwork and catching or letting go of pony (footwear, helmet, gloves). Using a horse/pony demonstrate correct technique for catching and letting pony go safely. Alternative. Riders pair up and one will be the handler and the other the horse. Practice approaching (at shoulder) catching and letting go. Swap roles.	Remember that if you use a demonstration rider, they won't see your demonstration.
Activity Execution	15 mins	Each rider gets an opportunity to catch, lead and return pony through the gate and let go. Complete workbook activities on pages: 12 – Colour the horses forelegs red and hindlegs blue 13 – Draw helmet and boots on the people in picture 14 – Draw a line from the words at the side of the page to the picture	Equipment Safe large yard or small arena with suitable gate Pony to wear headcollar and lead rope Treats to reward pony

Feedback	5 mins	Ask a mix of open and closed questions to each rider to assess their understanding, eg: <ol style="list-style-type: none"> 1. What is the safest way to approach a horse? 2. What should we wear to be safe? 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.



A TITBIT WILL KEEP YOUR PONY OCCUPIED WHILE YOU SLIP A LEAD ROPE OVER HIS NECK.