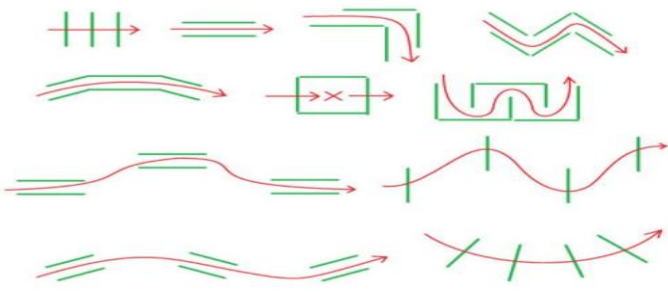


Ready2Ride Lesson Plans

Lesson Plan 6	Creative Poles
Skill level of riders	E certificate level
Lesson length	35 mins

SEQUENCE	DURATION	ACTIVITY	NOTES
Introduction	5 mins	My Name is: (Coach name) My Topic is: Creative poles The purpose of this lesson is: introduce poles and creative lines to assist in developing balance and coordination for riders	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 Eg. Witches hats/cones/ poles for riders to practice navigating turns.	
Explanation	5 mins	Why? Develop balance and improve steering whilst keeping interest for pony and rider How? Navigate through poles course starting at walk and progressing to trot for more challenge	
Demonstration	5 mins	Practical demonstration. Unmounted with parents holding ponies, coach can take rider through poles course on foot. Mounted, use a helper to walk through course with coach explaining or use rider demo.	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” Walking through course can be part of warm up.	
Activity Execution	10 mins	Group to ride through a small course made up of poles and cones to navigate and practice stop, turn and go. Go both directions, include some trot if capable. Use patterns below for ideas and set up depending on your available equipment. 	Equipment 15 poles 8 cones

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, eg:</p> <ol style="list-style-type: none"> 1. What are the aids for go? 2. Do we use our rein aids at the same time as leg aids? 3. How can we reward the horse for doing the right thing? <p>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!</p>
Evaluation		<p>Record your reflections on the lesson in your Coach journal and note any particular problems riders may have experienced.</p>