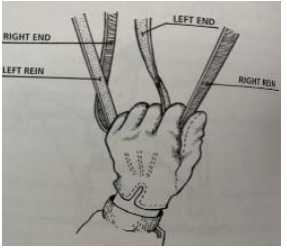





# Ready2Ride Lesson Plans

<b>Lesson Plan 7</b>		Musical Mugs	
<b>Skill level of riders</b>		E certificate level	
<b>Lesson length</b>		35 mins	
SEQUENCE	DURATION	SEQUENCE	DURATION
Introduction	5 mins	My Name is: (Coach name) My Topic is: Musical Mugs The purpose of this lesson is: to practice holding reins correctly in one hand and have fun with the game.	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  Equipment: Poles, bases, mugs (according to number of riders in the group) and music.	
Explanation	5 mins	<p>Why? Improves skills: holding reins in one hand (see diagram), agility, stop, go and turns.</p> <p>How? While music plays, ride (at walk or trot) in a large circle around poles. When music stops, ride to the closest pole and pick up the mug. A mug is removed after each sequence and the rider without a mug is no longer a part of the game. Repeat.</p>	
Demonstration	5 mins	Practical demonstration. Demonstrate how to hold reins in one hand. Demonstrate how to play game and how to pick up and place mug on poles.	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” Warm up with music and practice stop and go around poles and bending through poles. Practice putting reins in two hands and one hand.	

Activity Execution	10 mins	<p>Play game as described in explanation using equipment as below.</p>    <p>90mm</p> <p>Mug</p> <p>Small Enamel mug.</p>	<p>Equipment (amount required dependent on number of riders)</p> <p>Poles Bases Mugs Music</p>
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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"> <li>1. Why do we need to be able to hold reins in one hand?</li> <li>2. Can we carry a whip when playing games?</li> </ol> <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>