




Lesson Plan 8		Mounting and Dismounting (followed by stepping stones activity)	
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: Mounting and Dismounting followed by stepping stones activity The purpose of this lesson is: learn the skill of correct mounting and dismounting techniques	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: Cones for rider line up, mounting block, helper.	
Explanation	5 mins	Why? Safety when getting on and off How? Explain how to mount/dismount following E certificate manual pages 21-23 When? Playing games, out on a trail, at beginning and end of ride.	
Demonstration	5 mins	Practical demonstration. Demonstrate with riders at front of line up. Each rider then takes turns mounting and dismounting with correct technique.	
Warm up	5 mins	“We will prepare our horse for the lesson with the following warm up” Warm up with each rider having a turn at dismounting, stepping on stones, then mounting and going full school before having another turn	
Activity Execution	15 mins	Split ride into two and have stepping stone races by setting up two aisles of steps. Remember if a step falls, the rider must put it back into position before proceeding further. 	Equipment Cones (1 for each rider) Mounting block Helper (if needed) Game: Stepping stones Helper (if needed)

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. Can you give some reasons why it is important to mount and dismount correctly? 2. When mounting, is it OK to hold the back of the saddle? <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>