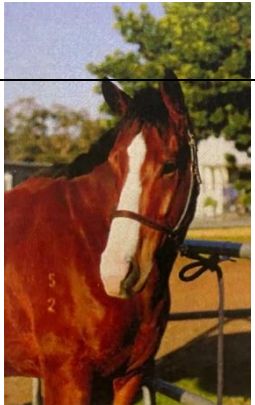


Lesson Plan 9		Tying up (unmounted)	
Skill level of riders:		E certificate level	
Lesson length: 30 mins			
Sequence	Duration	Activity	Note
Introduction	5 mins	My Name is: (Coach name) My Topic is: How to safely tie your pony up The purpose of this lesson is: learn the correct technique of tying up horses	Rider – check boots, helmet, and gloves Horse – Head collar and lead rope.
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 – Riders to wear riding boots, helmet and gloves. Equipment: Head collar and lead rope.	
Explanation	5 mins	Why? Safety for horse and riders. How? Explain how to tie up horse using quick release knot and baling twine. Reference to page 17 of E manual and example below. Discuss the correct length of rope and safety considerations. When? Floating, grooming, travelling our horse to events, or at home	 <p>A horse tied up correctly.</p>
Demonstration & Activity execution	15 mins	Practical demonstration. Demonstrate technique to riders a number of times. Next riders take turns at quick release knot using one demonstration pony or horse. Each rider should have numerous attempts to gain confidence in skill.	
Cool down & Feedback	5 mins	Ask a mix of open and closed questions to each rider to assess their understanding, eg: 1. Why do we use baling twine to tie our horse up? 2. Why do we use a quick release knot? 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.	

