

Pony Club Lesson Plans

Up Right Seat Position

Topic & Goals for session
<ul style="list-style-type: none">• Position rider in saddle• Good position ensures balance for rider and pony• Rider to remain above horses centre of gravity <p>Manual – Coaching module 3 page 92 Riding page 39 section 2 part 1</p>
Equipment needed and layout
<ul style="list-style-type: none">• Safe area – ideally dressage arena• 5 witches hats
Introduction to session – key points
A – acknowledge and thank everyone for coming I – introduce instructor and ensure group know each other D – lesson timeframe confirmed (normally 45 mins) E – explain topic T – thank all for listening and participating
Gear Check
<ul style="list-style-type: none">• Helmet & attire• Bridle• Saddle including girth• Check sun screen application <p>Safety check</p> <ul style="list-style-type: none">• Confirm experience, special needs, pony needs etc
Warm Up exercises
Long rein walk Short rein walk – ensure all riders have control and breaks – if so move to walk trot transitions Amend lesson accordingly
Key teaching points and demonstration method
Discuss points <ul style="list-style-type: none">• Balanced with vertical line from ear, shoulder, hip and heel• Seat in centre of saddle and in deepest section of saddle• Legs stretched downwards with upper body stretched upwards• Not rigid• (stirrup length and ankle crease)• Elbows bent – hands thumbs on top fingers closed on reins, hands within reach of saddle cloth (little fingers)

- Heels down (toes in if dressage/ hacking – outwards jumping)
- Shoulders balanced

Items that may assist young children

- String from head pulling up wards
- Sit tall
- Toes up (as opposed to heels down)
- Consider balance (drinking bird activity)

Practice activities

- Demonstrate at halt
- Move through paces as relevant
- Consider faster pace to end of ride
- Ensure all activities completed on both left and right rein
- Consider arena shapes to maintain interest – use witches hats to assist (extended remove witches hats)
 - 20 m circle
 - Diagonal
 - Change rein across arena
 - Patterns
- Maintain interest consider hacking class type activity – seek child to participate in judging

Cool Down

Arena walk – long rein both directions

Session evaluation and summary

Feedback Sandwich

Speak with each child individually

Good

Bad

Good

Ensure encouragement is provided above all