

## Pony Club Lesson Plans

### Mounted Games – Team Bending

Topic & Goals for session
<ul style="list-style-type: none"><li>• Participate in team event</li><li>• Complete bending event</li></ul> <p>Manual 102 Riding 136 PC NSW publications – Mounted Games rules</p>
Equipment needed and layout
Safe flat area – 5 poles Two witches hats Baton – 2.5 cm diameter 30.4 cm long
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"><li>• Helmet &amp; attire</li><li>• Bridle</li><li>• Saddle including girth</li><li>• Check sun screen application</li></ul> <p>Safety check</p> <ul style="list-style-type: none"><li>• Confirm experience, special needs, pony needs etc</li></ul>
Warm Up exercises
Warm up to ensure pony and rider control, and ability to stop Led riders can also participate in event Complete warm up on 40m circle Confirm control – especially as riding in open area Walk/ trot full arena both reins
Key teaching points and demonstration method
<ul style="list-style-type: none"><li>• Control</li><li>• Direction</li><li>• Games rules</li><li>• Working as a team</li><li>• Leading horse with right rein at shoulder</li><li>• Quick dismount – both feet from stirrups high leg over hind maintain rein/ control</li><li>• Do at walk, then move on to trot etc – must have control of pony at all times</li><li>• Precision important games won and lost in precision not speed</li><li>• Ensure safety of group – keep children away from start finish line</li></ul>

- Rein management – bridging, sporting reins, if need to tie ensure ends are released

#### Practice activities

- Do all activities ensure control and precision

#### Ride and run – p 30 mounted games manual

- Ride down course 60m Or just short of arena , vault off and run back
- Area marked with small drum, or witches hat
- Can be run as rely

#### Balloon race

- Teach as tent pegging
- Carry cane to shoulder, forward aim hit back swing to shoulder

#### Mug race page 25 mounted games manual

- 4 posts 8m apart
- 5 mugs
- Bin/ drum
- Run as team event first rider starts with mug and places on post, rides back to drum and picks up next cup hands to rider two and so on
- 5<sup>th</sup> mug carried by rider over finish line

#### Bending

- 5 poles 8 m apart
- Bend up and back – although do not bend between start/ finish line and first pole
- Can be run as relay with baton exchange

#### Flag race

- Bending race set up with flags placed in poles and collection bin at start finish line
- Riders ride up and collect flag carry back to drum/ bag
- Riders to be encouraged not to throw flag but place
- Precision important not speed

#### Cool Down

Circle walk – long rein both directions

Riders to stretch legs, maybe tired if doing two point

#### Session evaluation and summary

Feedback Sandwich

Speak with each child individually

Good

Bad

Good

Ensure encouragement is provided above all