

Pony Club Lesson Plans

Mounted Games – Team Bending

Topic & Goals for session
<ul style="list-style-type: none">• Participate in team event• Complete bending event <p>Manual 102 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">• 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
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">• Control• Direction• Games rules• Working as a team• Ability to stop at finish line for baton pass
Practice activities
<ul style="list-style-type: none">• 5 poles placed in straight line• Poles 7.3 – 9.1 m apart a per PC rule book (aim for 8m)• 4 riders per team – may commence as independent activity before adding baton pass• At start first rider carrying baton will complete bending – weave up and back with first pole

at riders R shoulder

- Knocked pole to be up in upright position by rider (modify as necessary for group – parent helpers may assist)
- Ensure riders stop for baton passing – be wary of horses cantering at another horse for baton change



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