

## Pony Club Lesson Plans

### Assessment Jumping

<b>Topic &amp; Goals for session</b>
<ul style="list-style-type: none"><li>• To identify jumping position</li><li>• Demonstrate jumping position at halt, walk and trot (paces is lesson extension)</li></ul> <p>Manual – module 3 page 101, 102 Riding page 109 onwards, 113</p>
<b>Equipment needed and layout</b>
Safe riding area – ideally arena for safety +/- witches hats to assist in direction and interest Neck straps 6 poles – aim for poles with coloured mid section Jump wings or jump raiser x2
<b>Introduction to session – key points</b>
A – acknowledge and thank everyone for coming I – introduce instructor and ensure group know each other D – lesson timeframe confirmed (normally 30 mins) E – explain topic T – thank all for listening and participating
<b>Gear Check</b>
<ul style="list-style-type: none"><li>• Helmet &amp; attire</li><li>• May have jumping equipment also check – eg Velcro, vests, bandages, boots</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>
<b>Warm Up exercises</b>
Long rein walk Short rein walk – ensure all riders have control and breaks – Trot both directions Transition up and down focus – also test control to ensure easily stop pony
<b>Key teaching points and demonstration method</b>
<ul style="list-style-type: none"><li>• Shorten all stirrups by one to two holes</li><li>• Upper body hinges forward back straight</li><li>• Vertical line to pass through shoulder, knee, toe – hands a little further up ponies neck</li><li>• Straight line from elbow to bit</li><li>• Lower leg stay in position heels down – toes maybe outwards</li><li>• Eyes up – look straight ahead</li><li>• Maintain straight line</li><li>• Remain middle of pole</li></ul>

- Eyes up – look straight ahead
- Maintain straight line
- Remain middle of pole/ jump
- Two point over jump
- Neck strap if required to assist hand control and balance

#### Practice activities

- As tiring for riders consider short periods trying to maintain
- All riders demonstrate one at a time as single at halt
- If able single file walk – two point down long side (letter to letter)
- Will build balance as well as leg strength
- If competent move to trot – 2 point down long side

#### Poles

- Activity at walk
- Once controlled and calm move to trot – commence with rising trot
- Once balanced at rising trot move to two point
- No higher pace than trot over poles

#### Pole Distances

- Pony 1 – 1.35 m between each pole
- Horse 1.3 – 1.5 m between each pole
- If group two different sizes consider two set ups one pony and one horse – otherwise seek mid-way point – adjust as necessary
- Aim one stride over each pole
- Change pole set up between lessons to maintain interest and increase difficulty

#### Jump

- Activity at walk
- No higher pace than trot over poles
- May commence with single pole and add poles, then jump

#### Pole Distances

- Pony 1 – 1.35 m between each pole
- Horse 1.3 – 1.5 m between each pole
- If group two different sizes consider two set ups one pony and one horse – otherwise seek mid-way point – adjust as necessary
- Aim one stride over each pole
- Once confident add X to last pole (may also need additional stride so use last two poles)
- Once confident may put to straight bar
- May canter off jump but must transition down by end of arena



☆ = witches hat

#### Cool Down

Walk at collection – move to long rein walk  
All children to relax legs – remove from stirrups and lengthen/ stretch legs  
Encourage hand position to be maintained at long rein walk  
Reward ponies and riders

Session evaluation and summary

Feedback Sandwich  
Speak with each child individually  
Good  
Bad  
Good

Ensure encouragement is provided above all