

Pony Club Lesson Plans

Trot Poles To Jump

Topic & Goals for session
<ul style="list-style-type: none">• Riders must be independent and able to control pony prior to jumping• Walk and trot over trot poles in two point• Complete small jump after trot poles• Maintain direction• Work towards to point (preparation for jumping)
Manual 101 Rider section 4 part 2 page 109 onwards
Equipment needed and layout
Safe flat area – aim for dressage arena 5 – 10 poles Jump wings 1 to 2 pairs
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 Safety check <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 Walk/ trot full arena both reins If group capable can transition to canter – potential for higher pace to back of line so one rider canter at time (may also need to be done for trot)
Key teaching points and demonstration method
<ul style="list-style-type: none">• 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

Practice activities

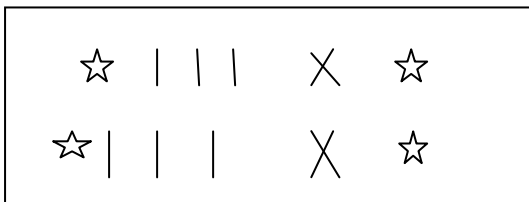
- Activity at walk
- No higher pace than trot over poles
- May commence with single pole and add poles, then jump

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

Horse and Pony – size not to scale
maintain outside arena

stars = witches hat for direction



Cool Down

Full arena trot both directions
Arena 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