

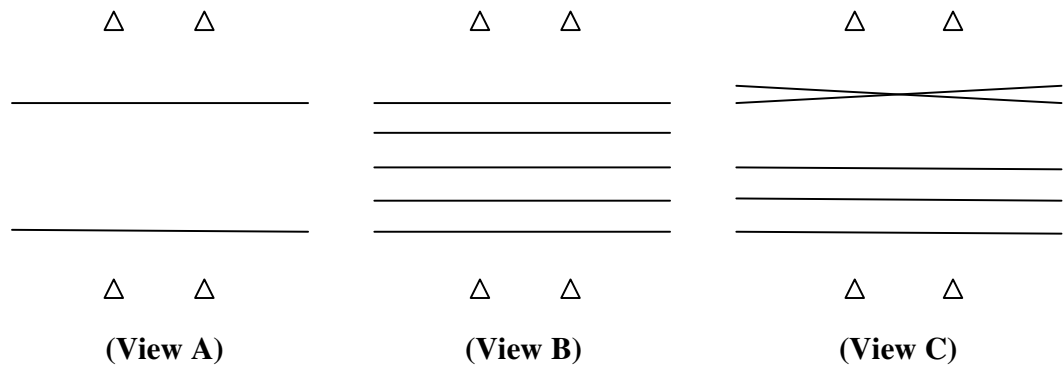
LESSON PLAN 11 – Teach the rider a jumping exercise that begins with a single pole, then a series of poles and finally a small jump.

<u>Pony Club Venue:</u>	<u>Date:</u>
<u>Rider:</u> 1. 2. 3. 4. 5. 6. 7. 8.	<u>Pony:</u> 1. 2. 3. 4. 5. 6. 7. 8.

Topics and goals for session:

1. Rider to maintain a safe and correct position for jumping.
2. Rider to ride straight down centre of jump line.
3. Rider to have control of the pony on the approach and get away.
4. To revise, integrate and consolidate previously learnt skills, school figures, arena language/protocol into the lesson, wherever appropriate.

Equipment needed and layout:
 Enclosed arena.
 Cones – used for direction at the start and finish of jump line.
 Spare neck straps in case needed for riders who turn up without one.
 5 x trot poles
 2 x jump wings
 Distance trot poles to be set apart - 1m-1.35m for ponies & 1.3-1.5m for horses
 Distance from last trot pole to small 40cm jump - 2.7m (for ponies) in (View C)
 Measuring tape / stick.
 Helper to place trot poles in position as required.



Introduction to session (key points):

- **Introduce yourself and chat to riders about themselves and their mount (some combinations may be new to you, and you also need to know what they have been working on since the last rally).**
- **Revise previously taught skills, school figures, arena language/protocol (if appropriate) – a good time to integrate & consolidate areas causing problems.**
 - ** Specifically revise 3 point position, use of neck strap and crest releases.
 - ** Revise and check that the stirrup lengths have been adjusted.
 - ** Revise the benefits of why we use trot poles and position over them.
 - ** Revise safety, distances & procedure when following over trot poles.
 - ** Revise the importance of rhythm.
- **Explain the importance of straightness on the approach, through the line of poles and on the getaway.**

Gear Check (List gear to be checked): As per Gear Checking Rules for Pony Club.

- **Rider: Clothing - Clean & correctly attired with appropriate Club uniform including safe boots & correctly numbered helmet;**
 - Hair - Long hair tied back;**
 - Jewellery - Check jewellery;**
 - Fitness - Age of rider; weight of rider in comparison to mount.**
 - **Horse: Gear - clean; correctly fitted; approved; stitching OK; safe;**
 - Condition - clean/groomed (no hot eggs), including feet;**
 - Fitness - age; soundness; what work has mount been doing?**
- (Are pony/horse and rider capable of doing planned lesson?)**

Warm up activities and rider exercises:

Halt, walk and trot using upward and downward transitions, changing rein through transitions, and large school figures (where appropriate), to ensure pony/horse is sound, attentive and listening to rider. (Canter could be included in the warm up but would depend on the rider's level of skill & ability.) Change from upright to 3 point position. Have riders warm up in and around poles, wings and cones so that horses get used to them prior to lesson.

Select some rider exercises to complete on a 20 metre circle.

New Skill/s (name of skill):

- **Riding a jumping exercise that begins with a single pole, then a series of poles and finally a small jump.**

Key teaching points and demonstration method:

Demonstrate using rider/s out in front of group (use different rider for each demonstration and ask riders questions to keep them alert and interested).

Revise the correct 3 point position with crest release to neck strap – all riders showing the correct position at halt. Revise the importance of rhythm and accuracy over the line of poles.

Demonstrate how looking ahead assists in straightness when jumping a line.

Discuss and demonstrate the exercise.

Practice activities:

- Practice altering stirrup lengths.
- Check & adjust, if necessary, pole distances after riders have gone through.
- Have riders go large at walk in upright position. Select rider to go down the line in 3 point position at trot, firstly over one trot pole only, using the cones for direction at start and end of trot pole line – keeping straight with same rhythm. Stress the importance of straightness and rhythm.
- Whole ride to follow on now, keeping distances between riders – change rein.
- Add a second trot pole into the line now in position No.5 – (See View A) – Whole ride to complete the exercise. Stress to the riders how important it is to stay straight with even rhythm all the way through the line when they have nothing to guide them between trot poles Nos. 1 & 5.
- Add a third trot pole into the line now as trot pole No.2. Whole ride to do.
- Add a fourth trot pole into the line now as trot pole No.3. Whole ride to do.
- Add a fifth trot pole into the line now as trot pole No.4. Whole ride to do. Riders will now have a line of 5 trot poles - (See View B).
- Remove trot pole No.4 and place with trot pole No.5 to make a small 40cm cross jump – (See View C). Whole ride to do.
- Riders may need to complete each of the abovementioned segments of the exercise more than once, depending on degree of trouble they encounter, and should change rein frequently.

Cool Down:

Long rein walk in, out and around trot poles.

Session Evaluation and Summary:

- Riders to line up in an orderly fashion.
- Discuss with riders if they understand how to ride the exercise correctly and whether they understand the benefits of the exercise – **PRACTICE MAKES IT EASIER**. Give them some more tips - something to take home to practice – stress the importance of using a neck strap at home. All riders to be involved in this session using question techniques rather than dictating coach's thoughts.
- Evaluate the lesson – **BE HONEST!** - What did you as the coach like?
 - What worked well or didn't work?
 - What would you do differently?