

# Lesson Plan

**Date/Time:** \_\_\_\_\_

**Instructor Name:** \_\_\_\_\_

**Students:**  (beginner class)

**Goal:** Steering at the walk.

## Objectives:

- All riders will demonstrate control of their horse by steering through 5 weave cones at the walk 3 times each direction.
- All riders will demonstrate strength and balance by performing two-point (jump) position at the walk for 10 seconds twice each direction.
- All riders will demonstrate independent seat and hand control by using an opening rein to steer through 3 weave cones at the walk in two-point (jump) position two times each direction.

**Preparation and Equipment:** two lines of weave cones down each quarter line, 7 human strides apart (about 5 cones in each line)

**Introduction:** Announce that we will be working on steering at the walk today. We'll start by weaving cones sitting, then warm up our two-point (jump) position, and then try to weave the cones while in two-point position.

**Warm Up and Exercises:** We will focus on upper body exercises to warm up (backward arm circles, hands on hips and twisting, mane and tail, etc.). To check in with steering, we will ride a 10 meter circle to the inside in each corner, four circles total, then change direction and perform it again, making a grand total of 8 circles.

## Lesson/Riding Skills (note adaptations for individuals):

- Start with weaving the cones sitting; explain what, how, and why.
- Move on to warming up two-point on straight lines, explain what, how, and why.
- Progress to putting it all together with riders weaving cones in two-point, explain what, how, and why
- If needed for more progression, I would take away support as able—maybe if they are lead they could go to having an unclipped spotter, or pulling leader away completely. Or go from sidewalkers assisting physically, to just verbally, then to nothing at all, etc.

**Game or Activity:** If all goes well we can turn this skill into a game of a relay race!

**Conclusion:** At the end of class while the riders are cooling down their horses we can discuss what went well with this lesson and what we need to continue working on for next week.

# Lesson Plan

**Date/Time:** \_\_\_\_\_

**Instructor Name:** \_\_\_\_\_

**Students:** \_\_\_(intermediate class)\_\_\_\_\_

**Goal:** Posting diagonals

## Objectives:

- All riders will demonstrate balance and coordination by posting the walk for 10 strides two times each direction.
- All riders will demonstrate awareness of diagonals by announcing when the outside front shoulder moves forward at the trot while in two-point correctly 4 out of 5 attempts.
- All riders will demonstrate multi-tasking skills by posting on the correct diagonal at the trot independently for ten strides once each direction.

**Preparation and Equipment:** Sometimes it helps to polo wrap the horse's legs with matching diagonal pairs so riders can really see the "diagonals".

**Introduction:** Announce that we are working on our posting diagonals today—explain what they are, how you see or feel them, and why they are important. Explain that we will start by posting at the walk and observing the horse's outside shoulder movement at the walk, then progress to trying to see or feel it at the trot, to conclude with working on posting on the correct diagonal at the trot.

**Warm Up and Exercises:** Two-point is a great warm up exercise for working on posting. We will warm up our horse's by working on transitions at the walk to ensure they are moving off our aides.

## Lesson/Riding Skills (note adaptations for individuals):

- Posting at the walk—focus on sitting down gently and trying to match the outside shoulder.
- Two-point trot work—focusing on looking down at the outside front shoulder to learn when to rise for your post. The riders will have leaders for this so the leaders can focus on controlling the horse.
- Posting at the trot—riders work on picking up the correct posting diagonal, or switching it if needed. Instructor will call out when to stand up for the first few trots, than conclude with the riders trying to see or feel it on their own.
- Can progress to riders trotting figure 8's and changing their diagonals in the middle.

**Game or Activity:** To work on feeling diagonals, if riders are comfortable they could do it with their eyes closed with a leader and sidewalker(s) to ensure safety.

**Conclusion:** At the end of class while the riders are cooling down their horses we can discuss what went well with this lesson and what we need to continue working on for next week.

# Lesson Plan

**Date/Time:** \_\_\_\_\_

**Instructor Name:** \_\_\_\_\_

**Students:** \_\_\_\_\_ (beginner class)

**Goal:** Obstacle course!

## Objectives:

- All riders will demonstrate control of their horse by performing a halt in the box 3 out of 4 times.
- All riders will demonstrate body control by performing two-point at the trot over 3 ground poles 2 out of 3 times.
- All riders will demonstrate direct reining by steering through 7 weave cones 4 out of 5 times.

**Preparation and Equipment:** Obstacle course! 7 cones, 4 poles making a box, 3 ground poles with double space (8 ft apart), etc.

**Introduction:** Explain that we are going through an obstacle course for class today and go over what skills that will entail.

**Warm Up and Exercises:** All sorts of body exercises to ensure riders are warmed up and ready!

## Lesson/Riding Skills (note adaptations for individuals):

- Practice some walk/halt transitions, then test out the box!
- Add in the weave cones, if steering around corners has been successful both directions.
- Warm up the ground poles at the walk first, incorporating two-point once riders are ready (can practice it on the rail first if needed)
- Warm up the trot on the rail first (can take a break from the course to do this)
- Finale of putting it all together! Halting in the box, trotting the ground poles in two-point, and weaving the cones!
- Can progress to doing it without any prompts, or doing it with less leader support!

**Game or Activity:** Could do it as a timed race, or as a relay race, or as a themed maze, or as a themed story where there is an alternative objective of saving the toy animals, etc.

**Conclusion:** At the end of class while the riders are cooling down their horses we can discuss what went well with this lesson and what we need to continue working on for next week.