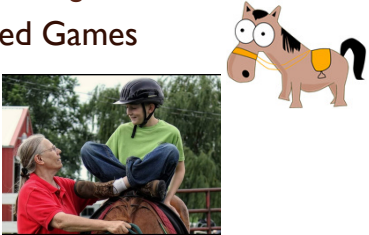


2023 Instructor's
Bag of Tricks

Mounted Games



Presented by Judi Nelson, PATH Intl. CTRI, Mentor, Ambassador


Benefits of Mounted Games

<https://horseridinglessonplans.com>

- **Alternative Riding Positions** (i.e. backwards, sitting sideways, prone, supine, standing, kneeling)
- 1) Changes perspective
- 2) Works on muscle receptors and brain synapses
- 3) Works on core muscles to build trunk stability
- 4) Can improve respiration and vocal muscle systems
- 5) Improves balance and coordination
- 6) Uses new muscle groups

Benefits of mounted games

- **Ball Tossing**
- 1) May aid in trunk rotation
- 2) May improve coordination
- 3) May improve eye contact
- 4) May improves social interaction
- 5) May increase awareness of right and left



Benefits of Mounted games

- **Blowing bubbles**
- 1) May improve oral muscle control and breath control
- 2) May improve concentration through eyes following bubbles



Benefits of mounted games

- **Brain gym** (a trademark technique of pre-ride and mounted activities that include eye following techniques and crossover stretches)
- 1) Grounds rider
- 2) Mental preparation for activities
- 3) Promotes love of play and learning
- 4) Builds self awareness
- 5) Helps rider take charge of themselves



Benefits of mounted games

- **Breathing Exercises**
- 1) Relaxing
- 2) Improves focus
- 3) Helps bond with horse and can affect horse's mood
- 4) Motor planning through cognitive cause and effect
- 5) Respiratory improvement
- 6) Self-awareness



Benefits of mounted games

- **Carrying Flags**

- 1) Hand/eye coordination
- 2) Color recognition
- 3) Helps independent use of right and left
- 4) Attention to non-verbal cues



Benefits of mounted games

- **Counting by student or instructor**

- 1) Helps anticipatory cognition
- 2) Gives auditory goal of beginning/ending of activity
- 3) Breathing activity by student



Benefits of mounted games

- **Finding & fetching toys**

- 1) Trunk rotation
- 2) Motor planning
- 3) Eye/hand coordination
- 4) Color recognition
- 5) Stretching
- 6) Core strength
- 7) Challenges "comfort zone"
- 8) Extends verbal connection to activity



Benefits of mounted games

- **Follow the leader:**
 - 1) Works on attention skills
 - 2) Social interaction
 - 3) Problem solving
 - 4) Accepting ideas of others
 - 5) Broadens perspective



Benefit of mounted games



- **Games in general:**
 - 1) Overrides rider fears
 - 2) Promotes social interaction
 - 3) Rider forgets that they are learning and improving physical and cognitive functions

Example of Lesson Plan template

Lesson plan Student _____ Horse: _____
 Date: _____
 _____ English _____ Western _____ Bareback _____ Ground Work Helmet Size S M L XL
 Short term goals (to achieve in 2-4 weeks):
 1. _____
 2. _____
 3. _____
 Long term goals (to achieve in 1-2 years from now)
 1. _____
 2. _____
 3. _____
 Objective:
 What is the focus on teaching to meet the student's goals? _____

 (include riding skill, verb/action such as perform, demonstrate, attempt, etc)
 (include measurement – example, 3 repetitions, 4/5 attempts, 2x each direction, etc.
 Ring setup (what obstacles or tools are needed)

 Warm-up Exercises to use:
 1) _____
 2) _____
 3) _____

Lesson Plan template continued

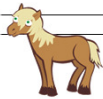
Parts of the horse learned:	Grooming tools (name & description & purpose)
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____

Parts of equipment learned:	Other topic:
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____

Lesson plan template continued

Game: _____
Objectives: _____

Observations (what to work on, what was done well, what needs improvement)



Chuckle Break!



Let The games begin!



Template suggestion

Lesson/Game Objective:

Benefits:

Age appropriateness: All ages

Materials needed:

Set up:

Rules:

Safety precautions:

Helpful hints:

Diana Harris – Miracles in Motion – Iowa

- Lesson/Game Objective: Student follows shape 1 of 3 times using open leading rein and eyes and head to turn
- Lesson/Game Goal: Students will turn using open leading rein tracing square or triangle.
- Benefits: Balance
- Age Appropriateness: All ages
- Materials needed: Poles, cones, basketball goal, cards with square and triangle
- Set up: Create square with 4 poles and triangle with 1 cone that uses two of square poles. Set basketball goal at one end. Set up time: 5 min.
- Rules: Draw a card to determine shape to ride. Follow other riders on chosen shape.
- Safety Precautions: Keep horses spaced. One horse and rider at basketball goal at a time.



Meggan Hill-McQueeney - Brave Hearts, Illinois

- Lesson/Game Objective: Feet to Seat: Basic Footfalls to Intricate Movements
- Lesson/Game Goals: Goal is to turn on forehand then turn on haunches down the wall of arena repeatedly
- Benefits: Balance, impulse control, Safety concepts, group interaction, sensory skills, following instructions, memory skills
- Age appropriateness: all ages
- Materials needed: Horse, arena, tack
- Set up: Instructor should know the horse
- Safety precautions: Make certain the horse has been trained to turn on forehand and on haunches.



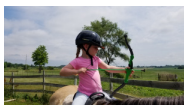
Amanda Bray – Equestrian Center @ Beverly Farm - Illinois

- Lesson/Game Objective: Pony Express
- Lesson/Game Goals: deliver "Mail" to appropriate "mailbox" using color/shapes/letters/words. Work on steering horse to pick up and deliver the mail.
- Benefits: Balance, impulse control, Safety concepts, group interaction, sensory skills, following instructions, memory skills
- Age Appropriateness: All ages
- Materials needed: saddle bags, barrels with slits for letters, laminated "letter(colors/shapes/words)" "Boxes" for letter pick up.
- Rules: Pick up letters from "mailboxes" and deliver them to destination points.
- Safety precautions: If doing with a group, you just need to be sure riders stay a safe distance from each other so they don't run into each other at destination points.
- Helpful hints: We also use playing cards in mail boxes to try and do a form of go fish using the saddle bags & mail boxes as well.



Judi Nelson – Hoofprint Hill Horsemanship – Iowa

- Lesson/Game Objective: Hit the target and make it stick (each lesson will have different number of times or how far away from the target)
- Benefits: Balance, impulse control, Safety concepts, sensory skills, following instructions, memory skills, patience
 - Age appropriateness: All ages
 - Materials needed: Target, hatchets, bow and arrows (all rubber)
 - Set up: Have target set up with bow, arrows and hatchets available.
 - Rules: Using bow and arrows and hatchets safely. Throw towards target. Stay calm. Intent is to hit the target as many times as possible.
 - Safety precautions: Make certain the horse or pony will stand quietly while having something throw from it and also anticipate that the object may bounce back on the horse.
 - Helpful hints: Have horse leader hold the horse or lead the horse past the target to achieve more skill.



Five flag

Lesson/Game Objective: There are two road cones in a line. One of the road cones holds five flags.

Benefits: Coordination, focus, balance, following instructions

Age appropriateness: All ages

Materials needed: Two road cones, five flags

Set up: Set two road cones in a line and place five flags in one cone

Rules: The rider rides up, picks up a flag and then rides back to put it in the end cone

Safety precautions: Make sure the horse is receptive to flags





Sword or Jousting

Lesson Game/Objective: A relay race where you have to pick up four rings off the top of poles using a sword.

Benefits: Coordination, focus, balance

Age appropriateness: All ages

Materials needed: Flexible sword, rings and poles

Set Up: Place poles in arena with rings and sword available to use

Rules: Pick up one ring at a time from the top of poles using the sword or "jousting" stick

Safety precautions: Make certain horse will accept the sword or jousting stick swinging around him/her.

Helpful hints: Have someone work with the horse ahead of time to make certain they are receptive to this game.

Rhyming Words

- Lesson Game Objective: Say words that rhyme with the ones around the ring
- Benefits: Reading, comprehension, understanding rhymes
- Age appropriateness: All ages
- Materials needed: Words on card stock that can be posted around the ring or on the walls
- Set up: Place word cards around the ring – can also be placed in buckets or a mailbox that the student needs choose
- Rules: Pick a card, say the word, and say a rhyming word
- Safety Precautions: Make sure horse will accept a card being dropped or thrown



Cup It!



- Lesson Game Objective: Move cups from one pole to the other
- Benefits: Eye/hand coordination, multi-tasking, balance
- Age appropriateness: All ages
- Materials needed: Plastic or styrofoam cups, four bending poles
- Set up: Place four poles in a row and place a cup over the top of one pole
- Rules: Pick up the cup from one pole and put it on another pole as instructed by teacher
- Safety Precautions: Watch to make certain the student does not pull the pole into the horse when taking the cup from the pole or putting it on one. Make certain the horse accepts the poles and a cup possibly dropped or thrown.

Figure 8 Barrel Turns

- Lesson Game Objective: Learning to use the proper cues to turn the horse
- Benefits: Focus, coordination, communication with horse
- Age appropriateness: All ages
- Materials needed: Two barrels Set up: Place two barrels in a straight line (distance apart is at your discretion)
- Rules: Student to turn horse around the barrels in a figure eight pattern to utilize both left and right hand turning
- Safety Precautions: Give plenty of space for the side walkers and leaders
- Helpful Hints: If you have an able bodied student close to independent riding, use a lunge line and have them do a figure eight making the turn in front of you.



Egg & Spoon

- Lesson Game Objective: Soft, quiet hands
- Benefits: Coordination, balance, soft hands
- Age appropriateness: All ages
- Materials needed: plastic spoon and plastic egg (I usually put candy in them) or use Julie Goodnight's Egg & Spoon tool
- Set up: Just have props available
- Rules: Place egg on spoon and hold with one hand. Instructor can decide if the rider should hold it in the proper hand position or hold out straight for their side or out in front of them
- Safety Precautions: Make certain the horse is receptive to a spoon or egg falling or the ball attached to the spoon will not spook them
- Helpful Hints: Have some type of reward for not losing the egg, whether it be the candy or object inside the egg or something else.



The Square Game

- Lesson Game Objective: Stopping, turning, starting through and over objects, learning degrees, right and left
- Benefits: Focus, anticipation, turning cues
- Age appropriateness: All ages
- Materials needed: four ground poles
- Set up: place ground poles in a square
- Rules: Student rides horse into the square without touching or nicking the poles and stops the horse inside the "box". Then proceeds to walk out of the box. Based on instructions, the student may need to turn the horse in a 90, 180, 270 or 360 turn.
- Safety Precautions: If side walkers are used, make sure they pay attention to where the poles are located.



Follow the Leader

- Lesson Game Objective: Students are to follow a leader through an obstacle course
- Benefits: Focus, observation, safety skills
- Age appropriateness: All ages
- Materials needed: whatever obstacles you choose
- Set up: Place obstacles in pattern
- Rules: Choose a leader and have other students follow them through the course. If it is a private lesson, have them follow a person through the course.
- Safety Precautions: Choose obstacles appropriate for side walkers and leaders



Polo

- Lesson Game Objective: Push an exercise ball from one hula hoop to another using a broom
- Benefits: Improve balance and coordination, multi-tasking, focus, attention
- Age appropriateness: All ages
- Materials needed: Corn broom, exercise ball, two hula hoops
- Set up: place the hula hoops on the ground with some distance between them
- Rules: Student uses the broom to move the exercise ball from one hoop to the other.
- Safety Precautions: Push with the broom, do not swing the broom at the ball like a golf club. Make certain the horse is accustomed to an exercise ball and a broom. May not be a suitable activity if two side walkers are required.



That's all folks!



- Thank you for coming!
- Best wishes to all of you and your students!



Resources

- Path Instructor Education Guide 2019
- Activities for Therapeutic Horseback Riding Lessons, A LessoninTR.com Collection 2017 by Cynthia Linsenhardt and contributors
- Certified Horsemanship Association Riding Instructor and Trail Guide Manual
- <http://www.lessonsintr.com/>
- <https://theequineimpact.com/tag/lesson-ideas/>
- <https://horseridinglessonplans.com/subscription/>
- <https://www.ponymag.com/pony-know-how/mounted-games-explained/>
- <https://www.horseillustrated.com/horse-exclusives-try-mounted-games>
