

Tying Your Lesson Together

Threading The Components Of
Your Lesson Together To Achieve
Skill Progression

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Example Lesson Format (Mounted Lesson)

- Mounts
- Introduction
- Warm Up Exercises
- Riding Skill
- Game/Activity
- Conclusion
- Dismounts

Think Creatively

- Rather than randomly choosing exercises and activities, ask yourself:
- How can the warm up exercises prepare for the riding skill?
- How can the game/activity reinforce the riding skill?

Threading The Components Of Your Lesson Together

- The lesson objective is explained concisely during the introduction with what's, how's and why's provided
- Creatively selected warm up exercises prepare for the riding skill, both physically and conceptually
- A thoughtfully selected, age appropriate game/activity reinforces the riding skill in A fun and interesting fashion
- Closure and consolidation is achieved during the conclusion, preparing for the next lesson

Example # 1

Topic For The Objective:

(Note: The Objective Must Be Riding Skill Based And Measureable)

Posting The Trot

Example # 1

- **Sample Warm Up Exercises:**
 - Posting at the walk (with and without stirrups)
 - Alternate between sitting on the vertical and half seat position at the walk while counting strides
 - Touch horse's outside shoulder/inside hip; inside shoulder/outside hip, one hand at A time (bridging reins), or both hands together (leader in control)

Example # 1

- **Sample Game/Activity:**
 - Trot long sides in pairs, matching posting trot rhythm with horse/rider on opposite wall
 - Posting to music: sit trot with music off, post trot in rhythm with music playing
 - Posting trot over ground pole grids, sit trot (or walk) in between

Example # 2

Topic For The Objective:

(Note: The Objective Must Be Riding Skill Based And Measureable)

Figure Eight Pattern

Example # 2

- **Sample Warm Up Exercises**
 - Trace figure eight patterns in the air with toes
 - Trace figure eight patterns in the air with hands, looking forward, both hands together and alternating right and left hand
 - Trace figure eight patterns in the air one hand at a time, rotating trunk sideways and crossing midline

Example # 2

- **Sample Game/Activity**
 - Teams ride figure eight pattern from opposite walls (start at E and B), intersecting at X, maintaining safe spacing and matching size, shape and pace
 - Teams turn onto centerline at A and C in opposite directions, riding figure eight pattern at X, maintaining safe spacing and matching size, shape and pace

Progression Exercise

- Lesson Objective: _____

Warm Up Exercise	Riding Skill	Game/Activity

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Examples of Riding Skills, Exercises, and Games/Activities

Please remember that the most important part of the lesson is the teaching and practicing of the riding skill. The exercises and games/activities are the “frosting on the cake”.

Riding Skill	Exercise	Game/Activity
Transitions	Rock back and forth gently in saddle lifting rib cage when “up” and dropping rib cage when “down” to find how seat/weight/posture affects horse.	<ol style="list-style-type: none"> 1. Red/Green Light (younger riders) 2. Leap Frog (passing game) 3. Transitions at letters (dressage)

Riding Skill	Exercise	Game/Activity
Lengthening/Shortening Stride	Swing diagonal arm & leg first small swings, then larger swings.	Using cones or ground poles as markers, ask riders to count strides between markers, then decrease & increase # of strides.

Riding Skill	Exercise	Game/Activity
Maintain steady tempo within the gait.	With a leader, put one hand on horse’s shoulder, one on haunch and count beats (at walk, counts 1 & 3 are the legs that the rider’s hands are feeling, 2 & 4 are the others)	<ol style="list-style-type: none"> 1. Ride to music – use a variety of music so riders/horses change tempo to match the music within the same gait. 2. Practice Rail Show – rider/horse with most consistent tempo wins.

Riding Skill	Exercise	Game/Activity
Maintaining balance (horse & rider) through turns	Drop inside stirrup, lift inside arm straight up (aligned with ear), do trunk rotations to inside, feeling both seat bones on saddle.	<ol style="list-style-type: none"> 1. Spiral in and out on circle around a barrel. 2. Barrel race or other gymkhana event modified to match riders' skill levels. 3. Set a series of cones going into the corner – riders choose which cone at each gait, the one who goes deepest into corner while staying balanced wins.

Riding Skill	Exercise	Game/Activity
Figure 8	<p>“Elephant” (Brain Gym exercise)</p> <p>Teaches the concept of the figure 8, symmetry.</p> <p>Prepares the rider for using diagonal aids, eyes for turns, change of direction.</p>	<ol style="list-style-type: none"> 1. Ride in Pairs – each rider does one circle of the 8 and meets partner in center. 2. Figure 8 Stakes pattern

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Example Lesson Plan

Objective: Riders will be able to maintain a steady tempo at walk and trot at least one time around arena with minimal assistance from leaders.

Introduction: Explain objective.

- “What” is a steady tempo? (not speeding up or slowing down within the gait).
- “Why” do horses speed up or slow down without being told to (towards/away from the gate or the herd).
- “How” does the rider control the tempo (use of all riding aids).

Warm-up Exercise:

- At walk with leaders, riders will drop reins and feel the beats of their horse’s walk by placing one hand on the shoulder and the other hand on the haunch (riders who can’t reach both may alternate feeling shoulder, then haunches).
- They will then count the 4 beats of the walk, counting 1 & 3 with the legs that they are touching. Leaders will ask the horses to speed up, then slow down so that riders can feel the change in tempo.
- Change direction and switch hands, repeat.

Riding Skill:

- Leaders will unhook lead line and act as spotters.
- Riders will walk on rail and use riding aids to speed up / slow down when told to.
- Each rider will receive individual feedback on “how” to use aids effectively (example, some riders may be able to use seat and voice, others may need to use leg and hand depending on the horse’s training and sensitivity).
- Change direction, repeat.
- Repeat practice in both directions at trot, first time with leaders hooked on, then without.

Game / Activity:

- Ride to music. Use slow march for walk, faster upbeat music for trot.
- Riders maintain tempo within each gait at least one time around arena.

Conclusion:

- Ask riders for feedback – Did they feel that they developed more control of horse’s tempo?
- Give positive feedback, then add what should be worked on next time for more improvement.
- Provide motivation to keep improving control of tempo – at a horse show, judges look for steady tempo because it shows that the rider is in control and that horse and rider are working together well.

Daily Lesson Plan Worksheet (Mounted Riding Lesson)

Objective:

- Action words (demonstrate, display, ride, name, show)
- Task/performance (student oriented, riding skill vs. activity, group vs. individual focus)
- Measurement device (time, space, repetitions, conditions/qualifiers)

Preparation:

- Arena set up (diagram)
- Horses
- Tack/equipment
- Volunteers

Lesson Content/Sequence:

- Mounts
- Introduction
- Warm up exercises
- Riding skill
- Game/activity
- Conclusion
- Dismounts

Summary And Evaluation:

- Student vs. instructor oriented
- Was the objective met?
- Strong points / weak points
- Suggestions for the future

Mounts

- Pre mount safety check
- Order
- Technique
- Equipment
- Assistance

Introduction

- Post mount safety check
- Line up
 - ☁️ Straight / circle
 - ☁️ Direction
 - ☁️ Spacing
- On the move, warm up
- Group oriented
- Explain the objective

Warm Up Exercises

- Utilize movement
- Achieve quality
- Address the entire body
- Change directions
- Reinforce riding skill
- Precautions and Contraindications

Riding Skill

- Meeting the objective
 - ☁️ Explanation / demonstration
 - ☁️ Application
 - ☁️ Correction
 - ☁️ Repetition
 - ☁️ Learning styles
 - Auditory
 - Visual
 - Kinesthetic
- Teaching techniques
 - ☁️ Safety checks
 - ☁️ Instructional vs. directional
 - ☁️ Hows and whys
 - ☁️ Specific and accurate praise
 - ☁️ Posture, position, use of aids
 - ☁️ Follow through
 - ☁️ Group oriented
 - ☁️ Class control

Game/Activity

- Practice and review
- Motivational
- Age appropriate
- Reinforce riding skill

Conclusion

- Line up



Straight / circle



Direction



Spacing

- On the move, cool down

- Group oriented

- Wrap up, question and answer

Dismounts

- Order
- Technique
- Location
- Equipment
- Assistance

Class Control

- Position in arena
- Projection
- Spacing and horse management
- Volunteer management
- Manipulating the environment

Hows And Whys

- Instructional Vs. Directional Style
- History, Tradition And Theory Of Good Horsemanship
- Horse Movement, Behavior And Psychology
- Posture, Riding Position And Use Of The Aids
- Before, After And In The Moment
 - ☛ Timing Creates Success
- Teaching Mixed Ability-Level Groups
- Natural Sequence Of Order
- Non Verbal Hows And Whys
 - ☛ The Horse Can Provide Powerful Hows And Whys