

Mounted Lesson Plan – D1 Level – Jumping

Topic: Beginning Jumping Courses

Instructor: Mary Wardrop

Rating: C3

Students' Rating: D1

Equipment: 12 or more poles, 4 pairs of standards, 4 cones or markers

References: USPC D Manual p. 71 - 78

New Vocabulary:

1. Introduction
2. Safety Check
3. Introduce Topic

Jump Small Course

- Important to have a straight approach to each fence and plan ahead. Look for the next fence. Your eyes naturally steer your horse. Markers are set up to guide you around the course. Need to have a straight approach and straight landing to every fence.
 - We are going to start by going through the poles in a straight line. Then we will add a jump at the end of the poles.
 - Then we will add the rest of the course as poles on the ground. When you all have gone over the center of the poles during your course we will put them up to jumps.
4. Begin Exercise
 - Warm Up on flat. Walk, trot, and canter along rail in both directions. Start going through five trot poles. Have cones set up so riders have to make a straight line when approaching and landing.
 - Turn last pole into crossrail.
 - Have riders do course individually with crossrail and three other jumps as poles on the ground. Cones are there as markers to help plan ahead.
 - Set other three jumps up as crossrails.
 - Repeat Course
 5. Review
 - Planning Approach and Landing to Jumps, Jumping Position, Best parts of Course, Things to Remember
 6. Open Question and Answer Session

Mounted Lesson Plan – D2 Level – Jumping

Topic: Riding Stadium Courses

Instructor: Mary Wardrop

Rating: C3

Students' Rating: D2

Equipment: 14 or more poles, 6 pairs of standards

References: USPC D Manual p. 117 - 120

New Vocabulary:

1. Introduction
2. Safety Check
3. Introduce Topic
Jumping Course
 - Important to have a straight approach to each fence and plan ahead. Look for the next fence. Your eyes naturally steer your horse. Need to have a straight approach and straight landing to every fence.
 - Planning ahead is one of the most important things to remember during a course. Be sure to think about whether you are planning on trotting or cantering around the course. If you are going to canter you may need to break to a trot around the turns to change your lead.
 - We are going to start warming up over a crossrail and build up a full course from that.
4. Begin Exercise
 - Warm Up on flat. Walk, trot, and canter along rail in both directions. Start over crossrail. Then add crossrail 40-48' after first crossrail.
 - Ride full course of crossrails. Evaluate what to improve during next course.
 - If all riders are comfortable raise course to verticals and one oxer. Keep first jump a crossrail.
 - Jump line individually at raised height.
 - Jump course. Repeat as necessary.
 - Possibly raise jumps again.
5. Review
 - Planning Approach and Landing to Jumps, Jumping Position, Best parts of Course, Things to Remember
6. Open Question and Answer Session

Mounted Lesson Plan – D3 Level – Jumping

Topic: Gymnastics and Stadium Courses

Instructor: Mary Wardrop

Rating: C3

Students' Rating: D3

Equipment: 17 or more poles, 5 or more pairs of standards

References: USPC C Manual p. 29 - 38

New Vocabulary: Gymnastics, Bounce, One Stride Combination, Two Stride Combination

1. Introduction
2. Safety Check
3. Introduce Topic

Gymnastics

- Gymnastics is a good exercise for horses and riders. It helps teach horses how to balance themselves and improve their jumping form. Today we are going to focus on how it helps riders. Going through gymnastics identifies position faults, straightness issues, preparation of the approach, and are the best exercise to help improve riders.
- Most of the time we trot into gymnastics and then the horse picks up the canter during the exercise. We are going approach through the trot poles and then go over a crossrail bounce and then go one stride to a vertical. We will just start with trot poles though and build it up.

Stadium Courses

- If time allows we are going to add course after the gymnastic grid and then you can apply what you have learned about yourselves through the grid to your course.

4. Begin Exercise

- Warm Up on flat. Walk, trot, and canter along rail in both directions.
- Trot through poles. Have a pole where jumps will be set.
- Add crossrail.
- Add second crossrail in bounce.
- Add one stride to vertical.
- If time jump individual jumps.
- Start with gymnastics and then continue straight into course.

5. Review

- What gymnastics are good for, What a bounce and one stride are, Jumping Position, How Gymnastics affected course

6. Open Question and Answer Session