

HOW TO MOUNT AND DISMOUNT

D-1

FOR APROX: 6 STUDENTS

1 HOUR

ENCLOSED ARENA

ASSISTANTS: To hold ponies as needed

EQUIPMENT NEEDED: Mounting block

REFERENCES: D Level Pony Club Man. Page 24. You should have studied the material to be taught thoroughly before teaching.

PRE –LESSON PROCEDURE:

- A. SAFETY CHECK
- B. WARM-UP Not to be done at this lesson. Have assistants hold ponies as needed for the beginning or duration of the lesson
- C. REVIEW AND EVALUATE

LESSON:

- A. EXPLANATION: We are going to learn how to safely mount and dismount today. Part of learning to mount properly and safely is to learn to do your own tack safety check before mounting. You may study this in the “D Level P.C. Man.”, on page 24. At this point look around and ask if anyone has read about this in their P.C. Man. Suggest that they look at it at home after the lesson.
- B. DEMONSTRATION: Cover the “tack safety check”. Use one of the students to demonstrate, while having the rest stand in a semi circle around you to observe. Always look up periodically to check to see if attention is wandering, if so address the student directly with a question and smile. Always ask if there are questions.
 - 1. always do a tack safety check
 - 2. reins over head
 - 3. start on right, check saddle pad and girth, pull down stirrup
 - 4. check bridle
 - 5. go to left side, check bridle, check girth and saddle pad, pull down stirrup
 - 6. check stirrup length by using knuckles to armpit method, make sure both stirrups are same length
- C. APPLICATION: Have everyone try to do what was demonstrated. Send off your student used for the demo with a smile and a thank you, as you move on to work with another student. Have assistants help individuals, as you go to each student to check progress. Be liberal with praise, such as “well done”, “good try”, “let us help you”, or “good job. I’m sure you have your own phrases. For those having difficulty, suggest assistance such as a leg up, mounting block, hay bale, or lowering the stirrup.

- D. CRITIQUE: Discuss performance and praise any effort or success. Show how to improve and what might work better. Focus on the positive. Not “you’re holding your reins wrong” but “this position for your hands will work better, you can see a picture of it in your P.C. Man.”. Take a moment to see if everyone understands and is doing the exercise correctly.
- E. PRACTICE AND EVALUATION: Some may need to do more than once. But do not linger on this part of the lesson as riders may be wanting to get on their ponies. This may be reviewed at later lessons.
- F. SUMMARY: Leave Summary to end of lesson.

THE NEXT PORTION OF THE LESSON: MOUNTING AND DISMOUNTING

- A. EXPLANATION: Now that we have learned how to do our safety ck before mounting we are going to learn how to safely get on our ponies. Have assistants hold ponies if needed and to watch that nothing unsafe is happening.
- B. DEMONSTRATION: Use another student for this demonstration.

MOUNTING :

1. stand at left shoulder, hold both reins
2. reins snug, place bight on far side
3. place hand on stirrup, place foot in
4. right hand on pommel
5. turn to face side, spring up
6. stand with weight on hands
7. swing leg over, sink gently
8. right foot in, pick up reins
9. pony must stand until you are ready

DISMOUNT:

1. reins and stick in left hand
2. both feet out
3. right hand on pommel or neck
4. lean forward, swing right leg over
5. turn and slide down
6. land facing forward
7. reins over head, run up stirrups
8. loosen girth
9. NEVER SWING LEG FORWARDS OVER PONY’S NECK

C. APPLICATION: Send off your student you used for the demo and work with another student for this part of the lesson. Remember to thank the student used for the demo.

Have everyone try to do the exercise. Check on students that may be bored or fearful, try to encourage them and help them to have fun.

- C. CRITIQUE: Focus on the positive. Not “you’re holding your reins wrong” but “this position for your hands will work better, you can see a picture of it in your P.C. Man.”. Take a moment to see if everyone understands and is doing the exercise correctly.
- D. PRACTICE AND EVALUATION: You can have some or everyone do the exercise more than once. Some may need your attention more than others. At this point you may need to let some walk around after all this waiting to get on their ponies. Some may need to be led around, others go by themselves. Make sure that you always have control of your group, and that someone hasn’t wandered off alone.
- E. SUMMARY: You may have everyone halt, or if they’re restless continue walking as you recap the lesson. Go over:
1. safety check
 2. mounting
 3. dismounting
 4. praise each student for something they did well, whether an exercise, a good attitude or helping another

G. HOMEWORK OR PRACTICE ASSIGNED: remind them to look up at home, in their manual, pg 24, to see the pictures and explanations of today’s lessons. Maybe they could make a drawing of the exercises. Thank everyone for coming; students, parents and assistants. Ask everyone to thank the landowner or facilities director. Tell them how much you enjoyed teaching them.