

SAMPLE LESSON PLAN - MOUNTED – JUMPING #6

TOPIC/OBJECTIVE: Trot ground poles followed by small cross rail **LEVEL:** D2 / D3

TIME: 30 minutes

AGE: 9 - 11

CLASS SIZE: 6

EQUIPMENT: 4 ground poles or blocked rails, 2 standards, 2 rails

PERSONNEL: 1 INSTRUCTOR AND 1 ASSISTANT

REFERENCES: NEW ZEALAND MANUAL OF HORSEMANSHIP 1, 79-85;
USBORNE, 26-27

1. INTRODUCTION (SEE INSTRUCTOR HANDBOOK)
2. SAFETY CHECK (SEE INSTRUCTOR HANDBOOK)
3. REVIEW PAST LESSON; CORRECT ERRORS (Jumping position @ trot)
4. EXPLAIN NEW TOPIC:
 - A. Why horse and rider balance is important over grid
 - B. Importance of steady pace over a grid
 - C. Importance of rhythm in opening and closing hip joint
 - D. Importance of keeping light contact between releases
5. DEMONSTRATE NEW TOPIC
 - A. Instructor/Assistant shows the students (while on standing on the ground), how to fold from the hips,
 - B. The instructor will saying aloud “Fold, Fold, Fold” while the assistant is demonstrating the typical rider body rhythm during the grid