

Eventing C Mounted Lesson Plan

TITLE: INTRODUCTION TO JUMPING CROSS COUNTRY UP-BANKS

OBJECTIVES

Long Term Goal: Riders will learn how to successfully jump cross country up-banks

Short Term Goal: Rider will review and practice appropriate techniques for approaching and jumping a cross country up-bank.

EQUIPMENT NEEDED:

Arena or field with small up bank or cross country course with some small up bank options available. Resource: Blyth Tait's Cross Country Clinic, Kenilworth Press, 2004

AGE & RATING OF STUDENTS:

D3 or C1 and up; Age 10 & up

What (Phases)	How (Exercises, system, games)	Why (Goal Setting)	Time (Estimates can be adjusted)
<i>Intro/Welcome</i>	Game or Method: Welcome riders, let them know that today's focus will be on approaching and jumping up banks	Teacher's goal: Meet riders, set expectations	2 min
<i>Warm-up</i>	Game or Method: Warm up riders. Then introduce the concept how to approach an up bank with eyes up, using a two point position with horse in front of the leg and a medium canter with impulsion. Have kids practice this sort of canter in the arena over small jumps.	Mental/Physical Prep Positive attitude with eyes up.	7-8 min
<i>Feedback</i>	Question/Sharing Provide feedback to riders based on your observations. See if they have any comments or observations	Teacher's Assessment Check for understanding and readiness	2-3 min
<i>Transition</i>	Practice or one time around to get idea of lesson/game, relax Review things that help the horse with up-banks: looking up, remaining off the horses back, horse in front of the leg with leg on with plenty of impulsion, riding positively forward immediately on landing up the bank.	Cement for lesson Check for understanding. Use a neck strap to stabilize position as needed.	10-15 min
<i>Lesson</i>	Game/Method to teach Goal: Have riders take turns approaching the bank, jumping up it and moving on in a positive manner. If available, have them utilize a number of jumps so that they can get into the rhythm of following the "course"	Achieve Goal Riders will have some repetitive practice with the focus on the up- bank, but including other jumps so that they have the experience a good medium pace with plenty of spring	20 min
<i>Conclusion/Feedback</i>	Slow paced game/activity while teacher & students ask/answer questions Review the experience and have riders give feedback about what they expected vs. what occurred. Review strategies should a rider experience any difficulties.	Check for understanding and/feedback for next lesson Stress the importance of practicing trotting and cantering up and down hills for balance.	3-4 min