

Eventing Mounted Lesson Plan

TITLE: CONDITIONING FOR EVENTING USING TROT SETS

OBJECTIVES

Long Term Goal: Riders will improve the condition of their horse through the use of trot sets.

Short Term Goal: Riders will learn how to use trot sets in conditioning and establish a baseline of their horse's current condition.

EQUIPMENT NEEDED:

Each rider should have a watch with a second hand. If there are some stethoscopes available, they could be helpful for dismounted pulse & respiration check. Setting: an area where the instructor can monitor pace & call out time intervals.

AGE & RATING OF STUDENTS: D3 and up, any age at that rating would be OK

Note Age generalities:

Age 4-7: Lateral motion, body position, spatial body awareness, lots of imagination;

Age 8-11: Group activities, socialization, one key concept, increase vocabulary;

Age 11-14: Relationship w/ teacher important. one-to-one, increase vocabulary level

What (Phases)	How (Exercises, system, games)	Why (Goal Setting)	Time (Estimates can be adjusted)
<i>Intro/ Welcome</i>	Game or Method: Introduce the lesson for the day. Explain that we'll be playing a game of "follow the leader" using trot sets with the objective of improving the conditioning of their horses	Teacher's goal: Overview of the lesson and why it is relevant to the participants	(Est. 2 min)
<i>Warm-up</i>	Game or Method: Review what "trot sets" are e.g., trotting for 3 minutes, with a 1 minute walk interval for a specified series of times. Review what typical respiration and pulse rates are at rest. Make sure they know how to obtain these. Discuss importance of recovery time.	Mental/Physical Prep Make sure that they understand what trot sets are and why they work. See if they know their own mounts typical pulse and respiration. If not, stress the importance of this.	(Est. 10 min)
<i>Feedback</i>	Question/Sharing Have each rider check pulse and respiration of their horse now before starting. Instructor notes numbers give on a piece of paper.	Teacher's Assessment Check for understanding of how to obtain pulse and respiration.	(Est. 5-10 min)
<i>Transition</i>	Practice or one time around to get idea of lesson/game, relax Have all riders go out into the arena, riding together and call out 3 min./1 min 3 times as a practice run.	Cement for lesson Practice for the "game"	(Est. 6 min)

<i>Lesson</i>	<p>Game/Method to teach Goal: Select a leader to start with and for each set of three, change leaders for a series of complete sets. Leader does a set of 3 minutes with 1 minute walk. The instructor calls out the time intervals. While they are walking for one minute, each rider can count out their respiration for 30 seconds, looking at their own watch. They double it and call out their number to the instructor even if it is as they pick up the 3 minute trot again with a new leader. All dismount at the end of the session and takes respiration and pulse. Instructor calls out times throughout and notes results on paper</p>	<p>Achieve Goal Instructor should determine the number of sets actually done based on the level of the riders, the condition of the horses, and environmental conditions.</p> <p>If you want a “winner”, the most fit horse gets some carrots or horse cookies.</p>	(Est. 20-30 min)
<i>Conclusion/ Feedback</i>	<p>Slow paced game/activity while teacher & students ask/answer questions Have student hand walk their horses as you draw the lesson/game to a close.</p>	<p>Check for understanding and/ feedback for next lesson See if their horse’s condition was what they expected.</p>	(Est. 3-5 min)

Last updated 4/17/07