

Eventing Mounted Lesson Plan

TITLE: PACING PRACTICE

OBJECTIVES

Long Term Goal: Participants will be able to “pace” themselves successfully in an Event Rally or HT

Short Term Goal: Participants will observe and practice the “feel” of riding at a specific pace

EQUIPMENT NEEDED:

Area: A circular track, large arena, pasture, riding path or open area. You can also have a few obstacles to jump, if desired.

Equipment: Rubber road cones or some other way to mark regular increments of distance, a stop watch, meter wheel, pencil and paper for scoring. If desired, you can have carrots or horse cookies or some other fun “reward” and make it into a contest.

Set-up: Measure off a course and mark the minute marks. In other words, if 350 m/minute, they place one cone at 350, one at 700, etc. In smaller areas, a couple of “laps” may be needed.

AGE & RATING OF STUDENTS: Any age or rating depending on the course set-up

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: Greet the participants and show them the course that will be used. Discuss the level of competition for each member and what speed is optimum for the various levels of XC. Typically include BN, N, and T levels. Clearly state the optimum time for this event and course. Relate speed to trot, canter, slow gallop, etc. Only the instructor has a stop watch.	Teacher’s goal: Provide an overview of the activity and background information. <u>USEA Horse Trial speeds</u> BN: 300-350 mpm N: 350-400 mpm T: 420-470 mpm	(Est. 10 min)
<i>Warm-up</i>	Game or Method: Have a practice run for each rider. Riders go one by one. Everyone watches and their time is announced.	Mental/Physical Prep By observing as well as riding, riders get an idea of what adjustment they must make to achieve optimum time.	(Est. 10-15 min)
<i>Feedback</i>	Question/Sharing Encourage comments, discussion	Teacher’s Assessment Clarify, modify or adjust as needed.	(Est. 5 min)

<i>Transition</i>	Practice or one time around to get idea of lesson/game, relax N/A	Cement for lesson It should be OK to start as the activity itself allows practice	
<i>Lesson</i>	Game/Method to teach Goal: Riders go one by one, everyone watches and their time is announced and recorded. Usually everyone has two or more “chances” depending on the length of the course and time available so that they can make adjustments. Riders can also select the pace they want to achieve, as well, so get practice at different paces.	Achieve Goal Riders hear their time and get an idea of what adjustment they must make to achieve optimum time. Others learn from observing. The length of the course and the speed schooled will depend on the level and confidence of the rider.	(Est. 20-30 min)
<i>Conclusion/ Feedback</i>	Slow paced game/activity while teacher & students ask/answer questions Talk about how it went and how they might improve.. If desired “award” those with closest to optimum time.	Check for understanding and/ feedback for next lesson Provide closure. Encourage, support, give feedback	(Est. 2 min)

Last updated 4/16/07