

## Eventing Mounted Lesson Plan

**TITLE:** *Cross Country Follow the Leader*

### OBJECTIVES

**Long Term Goal:** Riders begin to get foundation skills for small XC environment such as hills, water

**Short Term Goal:** Riders will experience a variety of XC situations with focus on balance & position.

### EQUIPMENT NEEDED:

Pasture, XC course or field with a variety of simple XC options available, ground poles place in a right angled “path” or zig-zagged “path”, cross rail jump, ground poles, pre-set plan for course up and down an incline, and through shallow water, if available

**AGE & RATING OF STUDENTS:** D1 (only if area is enclosed), D2; age 7-14

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

<b>What</b> (Phases)	<b>How</b> (Exercises, system, games)	<b>Why</b> (Goal Setting)	<b>Time</b> (Estimates can be adjusted)
<i>Intro/ Welcome</i>	<b>Game or Method:</b> Welcome riders, let them know that they’ll be playing “follow the leader” today.	<b>Teacher’s goal:</b> Meet riders, set expectations	(Est. 2 min)
<i>Warm-up</i>	<b>Game or Method:</b> “Getting to Know You” Have riders walk in a circle around the instructor with 1 horse length in between. Instructor calls out a rider’s name. Each rider gets a turn to tell one thing that their horse likes and one thing they dislike.	<b>Mental/Physical Prep</b> Riders practice keeping one horse length apart. Instructor gets to know a little more about each rider’s mount and has a chance to observe riders.	(Est. 5-6 min)
<i>Feedback</i>	<b>Question/Sharing</b> Explain that they will be playing follow the leader in a specified area and will be practicing their position on hills, through water, and whatever other appropriate obstacles you have created or are available.	<b>Teacher’s Assessment</b> Check for understanding	(Est. 2-3 min)
<i>Transition</i>	<b>Practice or one time around to get idea of lesson/game, relax</b> Ask riders to halt their horses. Pick a rider who has a quiet, experienced horse and the most control to be the 1st leader. Have this person move to a specific spot and then have other riders fall in place behind this rider. Have a practice walk through the angled “path” and up and down an incline.	<b>Cement for lesson</b> Take the time to talk about position going up and down an incline. The “path” will provide a chance for negotiating a turn within a defined area. Observe, support, model as needed.	(Est. 10 min)

<i>Lesson</i>	<p><b>Game/Method to teach Goal:</b>  OK. Follow the leader! Make sure the leader knows where the course follows, using the instructor recommended track. Do the first course at a walk, keeping spacing between horses. If the area warrants, the leader can choose their own path within the specified area after a few practice tracks. Pace can be picked up to a trot if safe. Small cross rails can be included if appropriate. You can also have each rider take a turn leading.</p>	<p><b>Achieve Goal</b>  By having lead horses, those less experienced with water are more likely to get their mounts through the water. Keep pace as slow as needed for the weakest rider. If there is disparity of skill within the group, can divide into “teams” and have one team trot and one walk, etc. The team without a refusal, wins, etc...</p>	(Est. 20 min)
<i>Conclusion/ Feedback</i>	<p><b>Slow paced game/activity while teacher &amp; students ask/answer questions</b>  Have riders halt in line and face instructor and say one thing they learned today about their horse or themselves.</p>	<p><b>Check for understanding and/ feedback for next lesson</b>  Check for understanding. Re-state anything that you have observed &amp; need to emphasize.</p>	(Est. 3-4 min)

Last updated 4/17/07