

Eventing Mounted Lesson Plan

TITLE: *Cross Country “Course Walk” Ride*

OBJECTIVES

Long Term Goal: Riders will gain have an introduction to the techniques needed for successful cross country riding.

Short Term Goal: Riders will be introduced into the type of planning needed for a successful ride while experiencing being out in the open under very controlled conditions.

EQUIPMENT NEEDED: A cross country course with some interesting fences (Bigger is better here! Use Preliminary and up, if available), and enough adults on foot for 1 per every 2-3 horses depending on age and skills of the riders.

AGE & RATING OF STUDENTS: D1 – D3; 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

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 they’ll be riding on the (Preliminary, Intermediate, or Advanced) cross country course today	Teacher’s goal: Meet riders, set expectations	(Est. 2 min)
<i>Warm-up</i>	Game or Method: Introduce and/or pair up the riders and the adults on foot. Set up the “rules” for the trail ride (eg. Sticking together, moving together, minding the adults, etc.) Let them know that they’ll be going out on a Course Walk, just like ____ (name an upper level Eventer or famous rider) might do, except they’ll get to ride their horses!	Mental/Physical Prep Be sure your most experienced or capable adult is with the least experienced rider. It may be necessary to have a 1-1 in some cases whereas you could have a 1-3 or a 1-4 ratio for the more confident riders with calm horses.	(Est. 5-6 min)
<i>Feedback</i>	Question/Sharing Make sure that everyone is ready. See if any adult or rider has any questions or if clarification is needed.	Teacher’s Assessment Check for understanding	(Est. 2-3 min)
<i>Transition</i>	Practice or one time around to get idea of lesson/game, relax Walk up to the “start box” if there is a permanent one available. Select a likely start box location, if not. Explain about the warm up and start procedure. Let each rider enter the start box and as you start the course walk.	Cement for lesson This gives you a good chance to evaluate how the riders/mounts and adults are functioning out in the open. Make adjustments if needed.	(Est. 5 min)

<i>Lesson</i>	<p>Game/Method to teach Goal: Walk the course with the group. Talk about the different fences you find, the correct speed at which they are ridden, the position of the rider on approach, and any potential difficulties with the fence. If there is terrain available, and if appropriate, ride up and down hills, discuss the position of the rider as it relates to going up and down banks and drop fences. Splash through some water if you can... don't get into a wreck over this one...discretion is the better part of valor with ponies and water!</p>	<p>Achieve Goal You can have riders practice up/down hill position if terrain allows. The ride will probably take about as long as a course walk or a little longer. The riders will get to be out of the arena under very controlled circumstances, and they will learn from the beginning that cross country isn't just galloping your horse as fast as possible at the fences. Technique is critical!</p>	(Est. 20-30 min)
<i>Conclusion/ Feedback</i>	<p>Slow paced game/activity while teacher & students ask/answer questions When you get to the end, have them get off their horses, run up their stirrups, and walk their horses in a circle around you while you review walking, cooling procedure and ask for and questions/clarification. Adults continue to monitor, as needed.</p>	<p>Check for understanding and/ feedback for next lesson You might ask what they saw or what if they learned something that surprised them. Allow questions, encourage feedback.</p>	(Est. 5-10 min)

Last updated 4/25/07