**Session Plan for: Mounted Games**

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| Name |  |
| Topic | Mounted games | Lesson | 1. |
| Subject | Riding with reins in one hand | Location | Arena |
| Resources & Requirements | Suitable horses or ponies, reins that can be knotted or taped together, tape, cones or markers |

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| Time | Activity |
| *15**mins* | Introduce the idea of riding with reins in one hand and reasons.Warm up – reins in both hands, focus on idea of using body position to turn/control horse and weight aids as appropriate |
| *60**mins* | **ACTIVITIES:**1. Explain concept of riding with reins in one hand/neck reining. How to use aids to turn
2. Follow my leader: lead file can keep reins in both hands, ride with reins in one hand. Riders to experiment which hand most comfortable holding reins. Swap lead file regularly.
3. Open order in walk, make simple turns across the school from one side to the other. Preparation for turn – where to look, timing of aid, response from horse.
4. Add transitions (walk, halt, walk) over centre line.
5. Add changes of rein, simple school figures, trot work if appropriate
6. Cool down, feedback, questions
 |
| *15**mins* | SUMMARY Ask riders which hand they felt more comfortable holding the reins with. Did they find it easier to turn one way compared to the other?Give feedback on their position |
|  | ProgressionRiding in walk, trot with reins in one hand.  |

**Session Plan for: Mounted Games**

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| Name |  |
| Topic | Mounted games | Lesson | 2. |
| Subject | Riding with reins in one hand | Location | Arena |
| Resources & Requirements | Suitable horses or ponies, reins that can be knotted or taped together, tape, cones or markers |

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| Time | Activity |
| *15**mins* | Warm up – re-cap on previous session, use the exercises worked on in previous session as part of the warm -up. Ride order, simple exercises using reins in one hand |
| *60**mins* | **ACTIVITIES:**1. Traffic light game. Open order going large, reins in one hand, aim: To practise accuracy with aids (possible suggestion: green – walk, Red – halt, amber – trot)
2. Place some markers around the school. Riders to practise stopping accurately next to marker (in preparation for stopping next to pole/bin to pick up equipment). Start in walk/halt.
3. Build a square from poles/markers, riders to turn into square halt in centre and then walk out. Progress to trot/halt transitions
4. Place cones/markers on inside track around the school, ride go large and then halt or circle (as directed) at/round the markers. Focus on accuracy
5. In preparation for picking up equipment, once halted riders bend down and touch their toes, alternate sides.
6. Cool down, feedback, questions
 |
| *15**mins* | SUMMARY Ask riders which side they found easier to bend down on. How easy did they find halting/turning accurately?Give feedback on their position and accuracy |
|  | ProgressionWeaving around poles/cones/markers |

**Session Plan for: Mounted Games**

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| Name |  |
| Topic | Mounted games | Lesson | 3. |
| Subject | Riding with reins in one hand | Location | Arena |
| Resources & Requirements | Suitable horses or ponies, reins that can be knotted or taped together, tape, cones or markers |

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| Time | Activity |
| *15**mins* | Warm up – re-cap on previous session. Traffic light game |
| *60**mins* | **ACTIVITIES:**1. Set up two lines of cones/markers
2. Riders to practice riding straight to end of line turning and straight back down. Can be done with reins in both hands then reins in one hand
3. Focus on being able to turn smoothly around the end marker and staying straight
4. Weave around the markers in walk, all rider start positioned on left side of first pole, then on the right.
5. Progress to trot
6. Cool down, feedback, questions
 |
| *15**mins* | SUMMARY Ask riders how easy did they find halting/turning accurately?Did they notice a difference when they started positioned on the left or the right? Was the turn at the top easier one way compared to the other?Give feedback on their position and accuracy |
|  | ProgressionPicking up equipment  |

**Session Plan for: Mounted Games**

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| Name |  |
| Topic | Mounted games | Lesson | 4. |
| Subject | Intro to carrying equipment | Location | Arena |
| Resources & Requirements | Suitable horses or ponies, reins that can be knotted or taped together, tape, cones or markers, bin/barrel, bean bags/rolled up socks or other suitable equipment |

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| Time | Activity |
| *15**mins* | Place cones and bins in the arena and allow riders to warm up around them. If horses are nervous riders can lead in hand to allow horse time to become accustomed to themWarm up – transitions focussing on accuracy, ability to halt at marker, rider stretches |
| *60**mins* | **ACTIVITIES:**1. Place bin halfway in line of cones
2. Riders to walk up, halt at bin, walk on, turn around last cone and halt at bin on way back. Horses should stand quietly and wait to be asked to walk on
3. Once all horses and riders confident, riders practise halting next to bin and leaning down/touching toes
4. When all horses and riders confident practise halting next to bin and placing bean bag (or similar) on top, then riding straight away
5. Progress to putting down and picking up item from bin. Progress to walk/trot without halting
6. Cool down, feedback, questions
 |
| *15**mins* | SUMMARY How easy did the riders find halting in correct position, doing it at the walk or trot? What about their hand eye co-ordination and flexibility, was this better on one side compared to the other?Give feedback  |
|  | ProgressionPicking up equipment without halting |

**Session Plan for: Mounted Games**

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| Name |  |
| Topic | Mounted games | Lesson | 5. |
| Subject |  Bean bags and buckets! | Location | Arena |
| Resources & Requirements | Suitable horses or ponies, reins that can be knotted or taped together, tape, cones or markers, buckets, bean bags or similar |

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| Time | Activity |
| *15**mins* | Warm up – reins in one hand, stretching for riders, transitions at markers/cones/bins. Carrying equipment  |
| *60**mins* | **ACTIVITIES:**1. Repeat exercise from previous session -picking up and putting down bean bag on bin
2. Place bucket at the end of the line of cones; one at a time rider halts next to bucket and leans down to drop bean bag in the bucket.
3. Once riders and horses confident, progress to picking up equipment from bins and dropping in the bucket
4. Opportunity to put everything into practise games: weaving, picking up and dropping ball in bucket
5. Cool down, feedback, questions
 |
| *15**mins* | SUMMARY How far did they have to lean down to get the item in the bucket? What happened when they used too much force? Feedback from riders  |
|  | ProgressionPlaying games  |

**Session Plan for: Mounted Games**

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| Name |  |
| Topic | Mounted games | Lesson | 6. |
| Subject | Riding as a pair | Location | Arena |
| Resources & Requirements | Suitable horses or ponies, batons or piece of rope/plaited string |

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| Time | Activity |
| *15**mins* | Warm up – focus on transitions, turns and accuracy.  |
| *60**mins* | **ACTIVITIES:**1. Explain what riders need to be aware of when riding close together. Pass left to left
2. Pair up riders and horses
3. Reins in both hands’, riders walk large in their pairs, focus on distances and horse reactions.
4. As a pair ride: changes of rein, school figures
5. Reins in one hand; can the riders reach out their arm and touch fingertips with partner?
6. Split ride so riders passing left to left. Once horses and riders comfortable – high five partner on way past each other
7. Put together a drill ride, so riders can practise maintaining distances, watching another rider, planning and reacting accordingly
8. Cool down, feedback, questions
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| *15**mins* | SUMMARY Discuss any issues, how did the riders find having to watch and match another rider?Feedback from riders  |
|  | ProgressionMusical drill ride |

**Session Plan for: Mounted Games**

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| Name |  |
| Topic | Mounted games | Lesson | 7. |
| Subject | Passing equipment | Location | Arena |
| Resources & Requirements | Suitable horses or ponies, batons, empty bottles, or alternatives |

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| Time | Activity |
| *15**mins* | Warm up – focus on transitions, turns and accuracy. Pairs riding |
| *60**mins* | **ACTIVITIES:**1. Practise high five in walk as riders pass each other in opposite directions
2. Position riders behind start/finish line, practise riding away and towards each other, discuss which side approaching horse should aim.
3. Practise giving partner a high five as riders cross the start/finish line
4. Demonstrate how to pass baton between riders (use technique described in booklet)
5. In pairs: rider one halts holding baton, rider two in walk, pass baton between them, alternate which rider halts and walks.
6. Both riders walk towards each other, one holds baton, pass to the other rider
7. Practise passing baton at start/finish line
8. Cool down, feedback, questions
 |
| *15**mins* | SUMMARY Discuss any issues, what the riders found easy and difficult about passing baton?Feedback from riders  |
|  | ProgressionMounted games  |

**Session Plan for: Mounted Games**

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| Name |  |
| Topic | Mounted games | Lesson | 8. |
| Subject | Flag race | Location | Arena |
| Resources & Requirements | Suitable horses or ponies, cones, flags/plastic canes |

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| Time | Activity |
| *15**mins* | Warm up – focus on transitions, turns and accuracy. Ride around equipment and flags to allow horses to see equipment |
| *60**mins* | **ACTIVITIES:**1. Explain technique for holding flag in the booklet
2. Riders to practise holding flag, when confident ride transitions/simple movements
3. Riders to halt next to cone and put flag in, then ride straight away. Focus on positioning and hand/eye co-ordination
4. Progress to halt next to cone and picking flag out before riding straight away. Focus on lines towards and away from cone, control of flag
5. Progress to picking up flag from walk without halting
6. Set up two cones, place flags in one, riders pick up flag, turn around top cone and ride back placing flag in second cone
7. Cool down, feedback, questions
 |
| *15**mins* | SUMMARY How easy was it to put the flag in the cone? Feedback from riders  |
|  | ProgressionPlaying games  |

**Session Plan for: Mounted Games**

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| Name |  |
| Topic | Mounted games | Lesson | 9. |
| Subject | Move a mug | Location | Arena |
| Resources & Requirements | Suitable horses or ponies, mugs, poles |

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| Time | Activity |
| *15**mins* | Warm up – focus on transitions, turns and accuracy. Passing other horses |
| *60**mins* | **ACTIVITIES:**1. Set up lanes with mugs on pole
2. Start with riders halting next to pole and lifting the mug off
3. Move to next pole, halt and gently place mug on top
4. In walk rider to hold hand out in front and pick up mug as ride passed
5. Practise moving mugs straight up and down the line of poles (1-2, 3-4). When rider confident introduce turning around each pole as shown in the booklet.
6. When confident in walk progress to trot
7. Cool down
 |
| *15**mins* | SUMMARY Feedback from riders  |
|  | ProgressionPlaying games  |

**Session Plan for: Mounted Games**

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| --- | --- |
| Name |  |
| Topic | Mounted games | Lesson | 10. |
| Subject | Games time! | Location | Arena |
| Resources & Requirements | Suitable horses or ponies, batons,  |

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| Time | Activity |
| *15**mins* | Warm up – focus on transitions, turns and accuracy. Pairs riding |
| *60**mins* | **ACTIVITIES:**1. Set up lanes with equipment for races
2. Split into teams
3. Warm up race: straight up, around top cone and straight back. Teams to decide team order, which side they are passing each other on, positioning, what to do if equipment dropped or knocked over etc
4. You can try all the races in the booklet or include some of your own! Allocate points for each race
5. If suitable try riding the games in a pair as described in the booklet
6. Cool down
 |
| *15**mins* | SUMMARY Award prizes!Feedback from riders  |
|  | ProgressionBuild confidence, complete races in canter, enter or hold a mounted games competition |