

Mounted Lesson Plan, D3 Level - Using Poles to Learn

Topic - Using canter poles to learn

Level - D3

Class Size - 1-3

Time - 20 minutes

Equipment - 7 ground poles, 2 standards

Objective - To become aware of the horse's rhythm, balance, and suppleness, using canter poles.

- I. Introduction - Myself, the students, their horses, and objective
- II. Discuss why we do exercises with out jumps
- III. Warm - up - simple walk , trot, canter for about 10 minutes
- IV. Canter poles - Canter over 4 poles first at a regular stride length apart, then at a shorter distance to get the horses to shorten their stride, then longer to lengthen.
- V. Discuss what happened here
- VI. (Dependant upon time) Put one canter pole with standards on each side in the center of a flat area. Have them jump it and do a circle to the left, then the right continuously at the canter until they feel comfortable with the lead change and circles, change to a cross rail and continue
- VI. Discuss why this exercise helps them
- VII. Thank you!