

National Curriculum Themes (Key stage 1 & 2. 5 – 11 years)

NORFOLK

2. INFORMATION TECHNOLOGY – Personal and Social Skills working together

6 riders from a Special School for children with moderate learning difficulties. They have ridden for half a term. Plan a lesson practising /reinforcing a riding skill and/or activity, where you include this theme from the N.C. requirements to run through the session **where appropriate.**

Briefing with Lesson Plan:

Balance and steering. Usual aids to explain balance.

Equipment needed:

Suitable pony. Appropriate tack, Side helpers, Cones, Batons.

Riding skill selected to be introduced or reinforced:

Balance. Riding with or without stirrups.

Pre session activity when mounted – open order:

Teams 'off horse balance'. Aeroplane exercises. Stretches forward in preparation for holding spoon. Standing up in stirrups – visual demo by instructor.

Main session plan:

To improve balance. Egg and spoon relay race in teams – through cones.

Debriefing – how would you do this:

Ask questions. How did that feel? Did you keep your egg on the spoon? What could you do differently next time? Did you get enough help?

Plan for next time:

Plan – Do – Review

Same or different equipment. Practice off horse at home, with friends or family and in class.

Repeat next week.

Draw a picture plan of what we did.

Transfer to ASDAN workbook where appropriate: