

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

## NORFOLK

### **1. COMMUNICATION – Increasing Vocabulary and Tactile Experience**

6 riders come from a Special School for children with moderate learning diff. They have ridden for half a term. Plan a lesson learning/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:**

#### **Equipment needed:**

*Pairs of coloured cones. Posts with trays. Variety of coloured beanbags.*

#### **Riding skill selected to be introduced or reinforced:**

*Stop, go, steering (transitions).*

#### **Pre session activity when mounted – open order:**

*Riders will be asked to look at and ride around the coloured cones and poles, to familiarise themselves. A group warm up of Grand Old Duke of York, with singing and arm actions.*

#### **Main session plan:**

*20m. circle – pair of cones at :*

*The person at rear stops at a pair of coloured cones and lead file asks rider in front to walk-on.*

*2<sup>nd</sup> Exercise – pick up bean bags and identify.*

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#### **Debriefing – how would you do this:**

*Feedback from helper/riders: Could they tell rider in front to walk-on? Could they recognise colours? Could they communicate colours verbally or with recognition? How did they do? Did they enjoy themselves?*

#### **Plan for next time:**

*If all went well, variation of game to reinforce colour recognition.*

#### **Transfer to ASDAN workbook where appropriate:**