

FUN FLATWORK EXERCISES

SAMMY SNAKE

This is a fun way to teach the younger Members how to ride a three loop serpentine.

Place two poles at A so they can ride between them, then another two poles on the centre line guiding them straight after their first loop, then another two poles on the centre guiding them straight after second loop and then finally two poles at C to finish of the exercise.

They start at Sammy snakes head either A or C and ride in between the poles and finish at his tail. You can make the poles narrower so they have to really steer straight and the little ones enjoy telling you what Sammy Snake has eaten as they ride around him!!

THE TROLL UNDER THE BRIDGE

This is a fun way to teach the younger Members how to ride a circle.

Place two poles at A or C and two at X so they can ride between them and place two cones on the other two points of the circle to guide them.

They will then trot to the start of the poles and then walk between the poles so not to wake up the troll and then trot round to the next set of poles and walk through them and so on. If the ride is fairly competent then try this in canter. So the canter round and trot in between the poles. It can get a little chaotic but great fun!!

BIG CIRCLE, LITTLE CIRCLE

This is a fun way to start the younger Members riding inside leg to outside hand and smaller circles. Start on a 20m circle then spiral in and out. Place a cone in the middle of the circle so they have a point to circle around. If you stand in the middle it could be a health and safety issue and you will get very dizzy!!!

TRANSITIONS 1,2,3

This is great fun to get the ride going. Have the ride either walking or trotting and say by the time you count to three they will be in halt. This can be played through any pace and is also good for your older members.

REINS AND STIRRUPS

It is great fun to get the members riding with reins in one hand and touching different parts of their pony and having a race doing this. They then shout out their ponies name or a part of their tack when they finish.

Riding without stirrups can sometimes be very dull for the members so keep it short and fun. Again you can use the above game but without stirrups. The other alternative is to shorten their stirrups like a jockey. They can go around the school like a jockey and stand up in their stirrups. Do this in halt first to allow them to find their balance and then progress through the paces.

MOUNTED GAMES

The members really enjoy mounted games. You can make up your own or use The Pony Club book on Mounted Games.

REMEMBER LEARNING CAN BE FUN!!