

## Covering the D1 through C2 HM Standard in One Year

This is a sample calendar that breaks the standard down into units, with each unit covering a particular topic within the D1-C2 standard completely. Each unit consists of several lesson/activity ideas plus review questions that will easily fit into your mounted programs.

In addition to the following lesson ideas, the pony clubbers meeting with me Sunday morning will be charged with creating formal lesson plans for each unit. ***Our hope is that you will encourage these youngsters to “practice” their lessons in your club, offer suggestions for improvement, and then have them email the lessons to Jan Goodmundson to post on the website.*** This way, each club will help develop the units and contribute to a regional resource of HM lesson materials.

Remember that we remember 10% of what we read, but 95% of what we *teach*. This is why it is important to encourage pony clubbers to teach one another! Teaching the basics helps prepare a foundation for learning more sophisticated skills and concepts.

Why is the focus of this material Horse Management? We tend to concentrate on riding skill when evaluating a candidate for rating readiness; however, approximately 50% of each test covers Horse Management material! Horse Management skills and riding skills should get equal weighting in our club curriculum.

# Nutrition

## Lesson Objectives – D level

- Know how to give water, grain, hay and tidbit to a mount safely – D1
- Know basic rules of feeding – D2,3
- Explain feeding schedule for mount – D2
- Discuss the amount of roughage and the amount of concentrates per ration for own mount – D3

## Activity Ideas:

- Make horse treats in the kitchen (there are several good recipe books available at most tack shops). While treats bake, discuss feeding rules and reasons for them with Ds. Then, take pcers to the barn to feed treats to ponies. D2 and D3s can teach safe methods of feeding treats to D1s.

## Lesson Objectives – C level

- Describe how feeds are measured and weighed. – C1
- Know amount and type of feed for own mount. – C1
- Describe characteristics of good and bad feed, watering, and pasture. – C1
- Describe own mount's ration when developing fitness, maintaining fitness, taking day off, sick, roughed out. – C2

## Activity Ideas:

- Bring scales suitable for weighing concentrates and roughage to a meeting. Have pony clubbers weigh pony's ration. Bring different types of feeds (corn, barley, oats) to demonstrate how the same volume of different grains weigh different amounts. Discuss what this means.
- Invite a local expert (feed company rep, vet, local barn manager) to discuss different feeding programs for different situations and fitness levels. Feed company reps usually have samples available to show children the difference between sweet feed, pelleted feed, and also forage supplementation products.

## Follow up questions for mounted days:

- Have pony clubbers describe their pony's feeding schedule while conducting safety checks in preparation for mounted lessons. (C level)
- Ask pony clubbers to tell you the feeding rules while conduction safety check or warming up themselves. (D level)

# Conditioning

## **Lesson Objectives – D Level**

- Know 1 reason for cooling out mount after exercise - D1
- Know basic condition of own mount – D2
- Describe ways to know if mount is properly cooled out – D2
- Describe care of mount after strenuous work, to include cooling out, inspection of legs, watering and feeding – D3

### Activity Ideas:

- Have Ds assist Cs in cooling out mounts after a strenuous activity (Ex: Jr. meet with local foxhunt) and let Cs explain the reasons for each step and why each precaution is necessary.
- Introduce body condition scoring to pony clubbers. After reviewing each level (1-9) and giving pony clubbers a copy of the descriptions of each level, let pony clubbers work together in small groups to score a barn full of ponies.

## **Lesson Objectives – C Level**

- Discuss what is meant by conditioning and how to condition for a particular Mounted Club activity of choice. – C1
- Present a written outline of a six to eight week conditioning and feeding program in preparation for a specific competition of a candidate's choice. - C2
- Measure and record pulse, temperature, and respiration on own mount at rest in front of Examiner. – C2

### Activity Ideas:

- Have a local competitor/trainer for upper level eventing or endurance riding give a talk to pony clubbers about conditioning for their particular activity. Have them demonstrate the use of a heart rate monitor.
- Demonstrate how to take TPRs and then assist pony clubbers as they practice. Bring a stethoscope so that they can also listen to the heart beating.

## **Follow up for Mounted Days:**

- Have pony clubbers take pulse and respiration readings during the lesson. (C Level)
- Ask pony clubbers how they change their pony's feeding schedule on days off.
- Ask pony clubbers what their pony's body condition score is during the safety check (D and C levels)

# Travel Safety and Bandaging

## Trailer Safety Lesson Objectives:

- Name 2 ways you can help your mount be safe in a trailer – D2
- Discuss the proper procedure for loading and unloading a mount – D3
- Discuss basic equipment needed for mount's safety and comfort during trailer travel – C1
- Know trailer safety check list – C1
- Be able to load and unload, with assistance, an experienced, cooperative mount – C2

## Activity Idea:

- Have Cs give demonstration (under supervision) of preparing mount and trailer for travel. Let Ds check if lights work, etc. from behind the trailer. Then have Cs demonstrate loading and unloading. Ds can then take a turn with assistance.

## Mounted Lesson Objectives:

- Know basic rules of safe riding in a group in an enclosed area. – D1
- Know rules for riding on public roads in your state. – D2,3
- Know procedure for mounted group crossing a public roadway – D3

## Activity Idea:

- Discuss and practice rules, using a pretend road or long driveway as a public road.

## Bandaging Lesson Objectives:

- Give 2 reasons why you would bandage a mount's legs – D2
- Apply (with assistance/supervision) protective boots and bell boots appropriate to mount's leg. D2/D3
- Apply stable wrap and shipping wrap with assistance – D3/C1
- Apply shipping and stable wraps under supervision and give reasons for use – C2

## Activity Idea:

- Give Cs the opportunity to teach Ds about different types of boots and reasons for their use. Cs can demonstrate proper application and then assist Ds.
- Invite local barn manager/upper level pony club member or graduate to demonstrate proper bandaging techniques and assist pony clubbers with practicing. Having several instructors to assist is helpful. Encourage pony clubbers to experiment with different types of bandaging materials.
- Host a "make your own bandages" day. Cover sheet cotton with cheese cloth or cut quilt batting to proper length. Demonstrate and assist pony clubbers with folding and fitting materials chosen.

## Enrichment Activity:

- Demonstrate and explain uses for other types of bandages on B and A standards.

# Turnout/Tack

## Lesson Objectives:

- Rider in safe and neat attire – D1
- Mount well-groomed for level – D1-C2
- Tack to be safe, clean, and properly adjusted – D
- Describe formal/informal attire – D3, C
- Know 2 reasons for cleaning tack – D1
- List 3 examples of unsafe equipment – D3
- Know parts of bridle and saddle - D

## Activity Ideas:

- Cs can teach Ds how to groom pony and present pony for inspection.
- Cs can teach Ds about cleaning tack, including different products available, and how to check stitching, parts of tack etc. Have Ds bring tack and Cs supervise cleaning.
- Let pony clubbers test different tack cleaning systems, being careful to use products according to manufacturer's instructions. Then, have pony clubbers assess the effectiveness of each product and vote on the best/worst products.
- Ds can have a fashion show to demonstrate formal, informal attire as well as examples of safe and neat attire. Cs or older Ds could be MC. Could also include proper helmet fit, etc. in fashion show.
- Lesson on how to tie a stock tie for formal attire.

## Follow up questions for Mounted Days:

- During safety checks, take a little extra time to do a “mini formal” inspection, cleanliness of tack and pony for level.
- Ask Ds parts of saddle and bridle and Cs reasons for using the equipment chosen on pony during safety checks.

# Stable Management

## Lesson Objectives:

- Quick release knot – D2
- Three common stable vices; discuss types and causes of stable vices – D2/C1
- Demonstrate how to clean and bed a stall, giving reasons for each step – D3
- Know use of hay net and the dangers of improper use – D3
- Discuss types of bedding appropriate for your area – C1
- Be able to put a blanket on mount safely – C1
- Describe and give reasons for three types of clipping –C1
- Describe caring for a mount efficiently and economically when stabled, at grass – C2
- Discuss pasture safety and fencing – C2
- Name three toxic plants in your area and describe appearance – C2

## Activity Ideas:

- Invite county extension agent or equine field agent from local coop to discuss pasture management and toxic plants local to your area.
- Tour several member barns or area barns to view different successful equine management systems: ponies kept at grass with run-in shed, ponies stabled, board fence vs. wire; various natural and artificial watering systems.
- Have pony clubbers make posters of toxic plants and give presentation.
- Go on hike with a field guide to locate live examples of local toxic plants
- Visit tack shop or local barn with large collection of blankets, sheets, anti-sweats, coolers, etc. Explain use of each piece of horse clothing, how to put on and fit. Let pony clubbers practice putting on and taking off horse clothing.
- Have Ds set up a stall safely for a pony away from home. Include lesson on how to clean stall and various types of bedding (straw vs. shavings). Review utensils needed to clean stall and different utensils needed for different types of bedding. Include discussions and demonstrations on tying pony in stall with quick release knot and proper method of hanging a hay net.

## Follow up questions for Mounted Days:

- Have Ds demonstrate tying own pony safely to trailer in quick release knot.
- Have Cs name and describe toxic plants during warm up.
- Have Cs describe and give reasons for different types of clips during safety checks.
- During lesson, have each pony clubber tell how his/her pony is kept (grass/stabled) and what its feeding schedule.

# Parasites

## Lesson Objectives:

- Describe conditions which foster internal and external parasites, procedures for parasite control in pasture and stall management, ways to control flies and bot eggs – C1
- List prevalent internal parasites in your area. – C2
- Describe routine parasitic prevention for your mount – C1,C2
- Discuss how and why to deworm new mount in barn – C1

## Activity Ideas:

- Have a local vet bring samples of various parasites for pony clubbers to view and give a basic talk on parasite prevention programs suitable for your area.
- Let pony clubbers use descriptions and pictures from textbooks/magazines to make models of parasites with clay or playdo. Cs can then give presentation on the parasite of their choice, including basic life cycle and major anatomical structures damaged.
- Take pony clubbers to a large barn to tour parasite prevention program. View a harrow up close, see different fly control systems, discuss pasture rotation, and mosquito control precautions taken.
- Gather boxes of various paste dewormers. Give pony clubbers a handout with drug names and which drugs are effective against which parasites. Have pony clubbers read boxes to determine what medicine to use when and then share various deworming programs created. Compare pony clubber answers to a parasite prevention program recommended by a local veterinarian.
- Use weight tape to demonstrate the importance of determining proper dosage. Have pony clubbers guess at weight of pony and then measure for accuracy with tape.

## Follow up questions for Mounted Days:

- Ask pony clubber when mount was last wormed at safety check.
- Discuss with Ds why it is important to remove bot eggs and procedures for removal during safety inspection.
- Ask C level pony clubbers to name and describe several different parasites.

## **Leading/Longeing**

### **Lesson Objectives – D Level:**

- Approach mount safely, put on halter, lead and turn mount correctly and safely – D1
- Walk-halt-walk transitions in hand – D2
- Walk – trot- walk – halt transitions in hand – D3
- Lead pony from both sides safely – D3

### **Activity Idea:**

- Have Cs teach Ds how to lead correctly. This is great preparation for soundness jogs at rally. Let each child practice, to include trotting a figure eight as well as straight lines. This lesson could be done as a precursor to a mounted lesson.

### **Lesson Objectives – C level:**

- Discuss reasons for longeing – C1
- Lunge a mount for exercise in an enclosed area with assistance. – C2
- Discuss methods, equipment and safety precautions for longeing – C1,C2

### **Activity Idea:**

- Ds can practice forming triangle of longeing without a horse. Option 1 – a few Ds pretend to be the horse. Option 2 – one brave D (or C) rides a bike as the horse. Ds take turns being the handler and practice body positions to drive horse forward, ask horse to slow or stop, or maintain current pace.
- All pony clubbers can explore various longeing equipment and help instructors set up mounts to longe in different ways. Ex: mount with cavesson and surcingle; mount with bridle and saddle; mount with cavesson and bit. Cs can then practice longeing the mounts with assistance.
- Have an advanced level dressage rider demonstrate advanced longeing techniques for pony clubbers to watch. This will help them understand the extent of training that can be accomplished on the longe.

### **Follow up On Mounted Days:**

- Have C level pony clubbers rotate to have a 15-20 minute private longe lesson to warm up pony immediately prior to group lesson. If your club has weekly mounted lessons and four C level members, then each C level pony clubber would practice longeing with an instructor once a month.

# Foot and Shoeing

## Lesson Objectives:

- Discuss the 5 steps in shoeing – C1
- Recognize farrier tools and know their uses – C1
- Recognize and describe good and bad shoeing – C2

## Activity Ideas:

- Invite local farrier to demonstrate and explain the 5 steps in shoeing to pony clubbers. Have him bring lots of different types of shoes and pictures of poor shoeing to share and discuss with pony clubbers.
- Have someone who uses studs regularly bring his/her stud box and show different types of studs, explain purposes for different sizes in different footing conditions, and how to care for studs.
- Ask each pony clubber to bring an old shoe from his/her pony. Have pony clubbers identify their shoes and look at specific characteristics to determine reasons for use.

## Follow up for Mounted Days:

- Ask pony clubbers to describe a farrier tool and explain its use during safety checks.
- Have pony clubbers describe signs of good and bad shoeing during warm up.

## **Conformation/Lameness**

### **Lesson Objectives – C level - Unsoundnesses:**

- Describe five common unsoundnesses as to location and outward appearance – C1
- Name and locate the following unsoundnesses: ringbone, curb, bowed tendon, sidebone, sprain, navicular, splint, and thoroughpin – C2

#### Activity Ideas:

- Assign pairs 2-3 unsoundnesses and have them make posters and give presentations on each. Give guidelines of things to include. Ex: anatomical structures affected, cause, treatment, outward appearance
- Create a question bank on these learning objectives (could include some C3 as well). Make bingo boards, putting answers on squares and making each board different. Play bingo to see who is lucky and knows the most about this topic.

### **Lesson Objectives – D level – Pony Parts/Conformation**

- Identify pony parts – D
- Name and describe six colors, five markings, and four horse breeds – D2
- Describe how to measure height of mount – D3
- Describe characteristics of a strange mount clearly enough for another person to recognize it within a group. – D3

#### Activity Ideas:

- Make “For Sale” signs describing ponies in the barn and pasture. See if others can identify which ponies are for sale.
- Put pony parts on mailing labels and have Ds try to label all the parts of the pony. If you have two quiet ponies, you can do this in teams as a race.
- Give a description and see if Ds can find that pony in the barn.

### **Lesson Objectives – D3/C level – Conformation**

- Know common conformation faults of neck, back, shoulder, head and pasterns – D3
- Identify good/bad points of basic leg conformation – C1
- Name five basic conformation qualities that you want in a mount for your own use and how they affect basic movement and soundness – C2

#### Activity Ideas:

- Have a local breeder/trainer give a talk on what qualities they look for and what faults they avoid in purchasing or breeding a horse. Could also arrange tour of breeding facility.
- Have 3-4 ponies held in hand by parents and have members “place” them as if in a halter class. Pony Club members should give reasons for why they placed the class they way they did.
- Draw with tape good/bad angles on real horse, examining hip and shoulder angles, etc.

## Health Care/Veterinary Knowledge

### Lesson Objectives:

- Discuss what a veterinarian is and give one reason the vet might treat your mount. – D1
- Give two reasons to have your mount routinely checked by a vet – D2
- Name some symptoms of a sick or injured mount that would cause you to seek help. – D3
- Describe how to treat minor wounds – C1
- Know health care schedule for own mount including dates of inoculations, deworming, floating of teeth, shoeing – C1
- List annual immunizations and health requirements appropriate for your area. – C2
- Describe how tetanus and strangles are transmitted.- C2
- Explain the need for the regular care of teeth. – C2

### Activity Ideas:

- Have Cs teach Ds reasons for having a vet check mount and signs/symptoms of sick, injured, or distressed mount. Adults could follow up with discussion of colic and laminitis.
- Obtain a comprehensive preventative care program booklet from a local veterinarian. Review with pony clubbers, especially information on vaccinations.
- Have Cs give a presentation on strangles and tetanus, to include how it is transmitted, treatment, signs and symptoms. Then discuss with pony clubbers methods of preventing contagious disease transmission.
- Practice cleaning and bandaging wounds on pretend wounds placed on Breyer horses. Use washable marker to make wounds and then clean and dress them with actual products. Have pony clubbers each choose a type of wound and explain to group specific methods used to treat that problem (ex: puncture vs. laceration)
- Have a veterinarian or equine dentist give a demonstration on power floating teeth. Follow up discussion could include care of teeth as well as the way teeth change as they grow and how we use this information to tell a horse's approximate age.

### Follow Up on Mounted Days:

- Ask Cs about their preventative care program for their ponies at safety checks.
- How old is your pony and how can you tell this by his teeth?
- What are some good/bad conformation points of your pony?
- Describe your pony's immunization schedule.

## **Record Books and Horse Sport Exploration**

### **Lesson Objectives:**

- Keep accurate, up-to-date records for pony appropriate for level
- List all the horse sports offered in USPC

### **Record Book Activity Ideas:**

- Hand out a copy of the USPC record book to all Ds. Have Cs help Ds set up their record books for the upcoming year. Instruct Ds to bring a three ring binder and a few pictures of their pony.
- Cs should hand in record books at the end of the year to get feedback on efficiency of record keeping system, ways to improve, and additional information that may be required as one progresses through the rating system. Meet individually with each child to review the book.

### **Horse Sports Activity Ideas:**

- Invite someone who competes in a horse sport that club members do not participate in to give a talk about this sport to your club. Have them bring pictures, and perhaps a video. Examples: polo or polocrosse team member, tetrathalon or pentathlon, endurance or trekking, foxhunting
- Organize a mounted or unmounted opportunity to try a new sport. For example, a “mock foxhunt”, polocrosse, or learn to shoot for tetrathalon.
- Go watch a horse event together – ex: polo match or volunteer at an endurance race.

## **Enrichment for all levels**

Objective: FUN

Activity Ideas:

- Tour a referral vet clinic
- Tour a breeding farm
- Panel of graduates – what are they doing now and how did Pony Club prepare them for current life, etc.
- Appreciation dinner for volunteers, instructors, landowners
- Attend a sporting event – steeplechase race, flat racing, western event, rodeo, Advanced level Show Jumping, Dressage, or Event
- Celebrate Pony Clubbers' successes - Peer awards, sponsor given awards, recognize achievement on flow charts, sportsmanship, etc.
- Prepare for 2004 Annual Meeting in Philadelphia, PA – work on projects for competition (posters, reports), Youth Congress, Pony Paddock, Workshops
- Hold a camp and hire a Visiting Instructor (applications due April 30)

Helpful Hints to give your Clinicians:

- Copy of standard; highlight areas you want covered
- Ages in each group
- Rating level of each group
- Length of desired presentation
- Find out if they will need any visual aides (overhead projector, chalkboard, etc.)