

# EQUESTRIAN - PONY PLAY

## Equipment required

### Pony knowledge

- Access to a computer with internet connection.

### Dressage

- Nine markers/cones.
- Chalk for marking out the arena (optional).
- Letters and/or coloured markers (A, K, E, H, C, M, B, F, X).

### Obstacle

- A selection of cones, stepping stones, low benches, low hurdles and hoops.
- A whistle or starting device.
- Stopwatch.

### On target

- Chalk for marking target area and throw line.
- Beanbags or similar for throwing.

## Health and safety

### Pony knowledge

- Refer to best practice guidelines for classroom or IT room set-up.

### Dressage

- Surrounding area should be free from hazards including traffic.

### Obstacle

- Surrounding area should be free from hazards to ensure safe usage of equipment.
- For stepping stones the equipment should be strong enough to step on.

### On target

- Those who are not throwing should remain behind the throwing line, sufficiently away from those taking part.

## Quick rules

### Pony knowledge

- All learning tasks must be completed before the items of tack are obtained.

### Dressage

- There should be no more than six participants per group.
- Tests should be no more than 2-3 minutes in length.

### Obstacle

- A start and finish point should be identified.
- Each team or individual is timed completing the route.
- If any errors are made on course, time penalties may be awarded.

### On target

- The participant should take their turn from behind a marked throwing line.
- If the throwing line is crossed then the score will be invalid for that throw.



## FOR YOUNG PEOPLE

### Think tactics

- Try to be as accurate as you can when carrying out movements and throwing tasks.
- Try to make sure you have learnt the movements you need to carry out in advance.

### Spirit of the Games: Excellence through Competition



Share your love of horses. Help each other to succeed and encourage everyone in the team to try their best.



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## Quick introduction

Equestrian partner organisations have been working together to introduce more schools to competitions through the School Games. Pony riding is an excellent form of exercise for all ages and abilities and these competitions can be organised for teams and/or individuals.

The Pony Play competition card includes two parts:

- Pony knowledge.
- Pony skills consisting of three games:
  - Dressage.
  - Obstacle.
  - On target.

## Getting started

### Pony knowledge

- In pairs or individuals work through all elements of the following activities on [www.ponyprep.org](http://www.ponyprep.org):
  - Colours and markings.
  - Points of the horse.
  - Paces – sequence of legs.
  - Read about balance, rhythm, tempo, speed and impulsion.
  - Pony care and knowledge – how to tie up your pony, grooming kit and care of the grass-kept pony.
- Points earned will enable the users to purchase the following items of tack and equipment: hat, boots, head collar, lead rope, dandy brush, hoof pick and curry comb.

### Pony skills

#### Dressage: in pairs or groups

- Using your knowledge of paces from [www.ponyprep.org](http://www.ponyprep.org) and the dressage challenge card, design a short (2-3 mins) dressage test.
- The test should be made up of a mixture of the movements you have learnt using the different paces.
- Paces can be adapted to suit being on foot, e.g. walk = walk, trot = jog, canter = run.
- As an additional challenge the test can be done to music.
- Tests can be scored on the following areas - accuracy of movements, keeping within the time allowed, creativity (inclusion of all the different movements and paces). Each area should be scored out of five to give a score out of 15.

#### Obstacle: this can be done individually or as a team relay. Refer to Challenge card 'Unmounted games'

- Create a route with various obstacles, such as stepping stones, balance beams, hoops, cones for weaving and low hurdles.
- The winners are the ones who complete the route in the fastest time.

#### On target: This skill is often needed in The Pony Club activities of mounted games and tetrathlon.

- Refer to Challenge card 'Unmounted games'
- Set up a target with scoring zones – this could be drawn on the playground with chalk, or using existing markings.
- Each player has five throwing attempts. Each throw is worth a maximum of three points.



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## Hints and tips

- A clear brief should be given prior to the start of each activity.

## Leadership and volunteering opportunities

- Equipment managers to check all equipment is laid out correctly and the space is safe. At the end of the session check all equipment is put away correctly.
- Young leaders can help someone less able with tasks requiring balance and memory.

## Officiating

- A starter and timekeeper are required for the **Obstacle** activity.
- Spotters can be used to ensure obstacles are completed correctly.
- An official is required to ensure participants do not step over the line in **On target**.
- A check sheet should be used to ensure all tasks have been completed for **Pony knowledge** before tack and equipment is obtained.

## Think Inclusively (STEP)

### Space

- Ensure SEN/disabled pupils have access to appropriate facilities and software to access online material.
- Consider using a hard surface when including SEN/disabled athletes.

### Task

- Distance and skill level can be adjusted and adapted for SEN/disabled athletes, e.g. distance for **On target** can be shortened.

### Equipment

- Allow SEN/disabled athletes to move along floor markings to help develop balance.
- Use mats for safety in balance activities in **Obstacle**.

## People

- Allow visually impaired young people to work with a sighted partner to shout out the markers e.g. "A, X, B".
- Provide enough room for wheelchairs to go in between stepping stones or cones.

