

EQUESTRIAN – GYMNASTICS ON HORSEBACK

Quick introduction

These are simple competitions that are easy to do in school without a horse. **Ideas for routines can be found at www.vaulting.org.uk/schoolgames**

The competition is based on the first two stages of training for Equestrian vaulting; and involves putting together a routine of vaulting moves to music.

They require strength, core stability, co-ordination, suppleness and balance.

Getting started

- Use a sports hall, gymnasium, dance studio or safe area with mats.
- Work in pairs or threes.
- Routines should be one minute 30 seconds in length and a minimum of seven moves must be performed in any sequence.
- Moves can be performed either on the floor or on a vaulting box.
- Routines should be performed to a minimum of two judges.
- Static moves must be held for a count of three.
- Higher marks are obtained by:
 - linking skills together with dance moves
 - showing musical expression
 - varying the heights and directions of the vaulters in the routine.

Safety

- Always ensure area is matted and use appropriate spotters.
- Wear close fitting clothing, not too tight, and bare feet or plimsoles or trampoline type shoes.
- Long hair should be tied back and no jewellery worn.

Think tactics

- Choose moves that you do well to perform to the judges, and keep practising more difficult ones for future routines.



Mounted vaulting.

EQUESTRIAN – GYMNASTICS ON HORSEBACK



Organising the game

- A music system is required.
- If there is sufficient room and equipment, more than one pair or three can be working at a time.
- Always warm up thoroughly before practising skills and performing.
- Always practise moves on the floor before you do them on the vaulting box.
- Develop the competition:
 - Pairs and threes can be combined to make up teams of six for a longer routine, e.g. four minutes, minimum 20 moves.

Officiating

- A minimum of two judges to assess each performance.
- Each judge marks out of 10.
- Judging can be split into two areas:
 - Technical judge looks at:
 - completion of moves
 - holding for a count of three
 - good posture and amplitude (really stretching in every movement).

- Performance judge looks at:
 - musical artistry and style
 - interesting and varied linking skills changes in levels (high/low, backwards/forward facing).

or all judges can judge the routine from all aspects.

- See more images of moves, watch videos of vaulting, and download resources at www.vaulting.org.uk/schoolgames:
 - how to become a “vaulting activator” to run your school club
 - judging tips and score sheets
 - how to score and understand the difference between easy, medium and hard moves
 - how to use our award scheme to add new competitions.

Keep it enjoyable

- Vary the type of music you choose to change the theme of your routines.
- Record your routines.
- Invite your friends to watch and cheer.
- Learn more moves and build your repertoire by visiting the School Games page on the vaulting website.
- Look for a vaulting group near you.

Make it easier

- Perform moves only on the floor mats.
- Lower height of vaulting box.
- Develop shorter competitions with fewer moves in the routines.

Think inclusively

- Let SEN/disabled athletes use alternative vaulting equipment, e.g. a chair or bench.
- If appropriate allow SEN/disabled athletes to work in larger teams.
- If beneficial provide SEN/disabled athletes with more spotters.
- Consider increasing the time or reducing the number of moves performed by SEN/disabled athletes.

Spirit of the Games: Excitement through Competition



Be determined to keep trying and develop your skills until you and your team succeed.



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EQUESTRIAN – HORSEBALL AND POLOCROSSE



Getting started

- The aim of the games is to pass a ball between four team members and to score a goal in a 10-minute period or chukka.
- The game starts at the centre line, with the ball being thrown in above head height between two players from opposing sides (like a rugby lineout). All other players must stand 5m away.
- At least four passes must be made between all four players before a team can score between two cones placed 1m apart at each end of the pitch.
- The player in possession of the ball may only hold it for six seconds.
- Tackling is allowed but there must be no body hits.

Penalties

Horseball:

- The defending team gains possession by touching the ball; when they touch the ball they are awarded a penalty.
- If the ball touches the floor, or goes outside the playing area, it is a penalty against the team that was in possession.
- The penalty is taken from the point it touched the ground. Opposing team moves 5m back before one player restarts game.

Polocrosse:

- The defending team gains possession by tackling an opponent's stick and dislodging the ball, intercepting the ball or retrieving the ball from the ground first.
- Any unsafe tackles are penalised by the ball being passed to the opposing team.

Quick introduction

- These are two fast-moving tactical team horse riding competitions, done on foot so that schools can access them. They involve passing and shooting at a goal and encourage good hand-to-eye co-ordination and team spirit.
- Horseball is usually played with a ball with handles on but any ball will do, such as a handball or size 4 football.
- Polocrosse is played with a small soft rubber ball and stick with a net on, like a lacrosse racket.
- Young people can continue to play within Pony Club, riding clubs and UK Polocrosse Association and horseball clubs. There are a range of levels for different ability players.
For further information please see
<http://horseballuk.co.uk/schoolgames>
<http://polocrosse.org.uk/schoolgames>

Think tactics

As a team discuss your passing strategies.



Horseball.



Polocrosse.

EQUESTRIAN – HORSEBALL AND POLOCROSSE



Organising the game

- A rectangular area 'the pitch' is required indoors or outdoors with safe surface, e.g. netball court. Two goals marked with cones at each end – one metre apart.
- The ball can be passed forward or backwards.
- Polocrosse - use a soft bouncing ball which is passed with the use of a stick with a net, e.g. lacrosse sticks. The ball can be thrown overarm or underarm and also bounced to a team member.
- Horseball can be played with a handball or junior size 4 football.

Officiating

- The game could be officiated by other young people.
- Teams may by agreement, and as long as it is safe, vary the rules.
- Players must:
 - admit when the ball has been touched or hit the ground
 - move back 5m at penalties.

Keep it enjoyable

- All players should motivate and encourage each other.
- Ensure all teams play to the rules and respect others.

- Ensure that the teams are equal in ability: handicap any skilled players by making them play using the opposite hand.
- Players should practise the passing skills first.
- For more resources and to see how the games are played, see: <http://horseballuk.co.uk/>
<http://www.polocrosse.org.uk/>

Make it easier

- Limit the size of the pitch for younger players.
- Allow two substitutes per team.
- Use a softer ball for Horseball or a lighter/smaller racket for Polocrosse.

Think inclusively

- Create Zone horseball/Polocrosse using cones or spots to mark out three zones.
- The zone games should be played on a hard surface.
- Each team is made up of two SEN/disabled and two non-SEN/disabled players.
- Two SEN/disabled players play in the middle zone and the one non SEN/disabled player plays in each of the outside zones.
- Players in each zone should be of similar ability.
- Players must remain in their zone during play.
- Consider using lower or larger balls if beneficial for SEN/disabled players.

- If including visually impaired athletes consider using a colour contrasting ball or a jingle ball (the jingle ball must be rolled along the floor not thrown).
- All other rules apply.

Safety

- These games can be played in any space but grass must be dry.
- In Polocrosse, tackling by hitting an opponent's stick to dislodge the ball can take place, but this must always be in an upward hit.

Spirit of the Games: Excellence through Competition



Help each other to succeed and encourage everyone in the team to try their best.



Horseball.



Polocrosse.



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EQUESTRIAN – JUMPING

Getting started

- A course (8-10 elements) of jumps and physical exercises is designed and built using normal gym equipment.
- A sample course and score sheet is available to download at www.nsea.co.uk
- The competition is either for individuals or teams of three or four with the best three scores to count.
- The jumps need to be a variety of types to replicate:
 - a cross pole (use skipping ropes or canes)
 - a spread (use benches, hurdles floor lines or drop down markers)
 - double (two in a row using benches, hurdles or box tops)
 - an upright (using beams or hurdles)
 - a wide fence at ground level (water jump using gym mats).
- Be as creative as you like to make this seem like a jumping event.
- Between each fence there will be a physical challenge that is required for equestrian fitness that must be completed before moving on to the next jump.
For example:
 - 10 step-ups, sit-ups, hopping, star jumps, press-ups, skipping, balancing for 10 seconds.
- The aim of this game is to get around the course as quickly as possible, jumping the fences clear; without knocking any over or touching them.
- Each team is timed over the course and four time faults are incurred if you touch or knock the fence over or if the jumper refuses.

Quick introduction

This jumping competition is for individuals and teams and can take place indoors in a gym or sports hall, without a horse. It involves designing and completing a course with fences (made of gym equipment), similar to a showjumping and cross country event.

This competition involves learning about the techniques of jumping a course while enhancing your fitness and agility in an equestrian event.

Throughout the country schools compete against each other as teams and individuals in these disciplines. (look at www.nsea.co.uk).

Think tactics

Encourage your team members to try their best and improve their stamina. Learn the correct course and perform the jumps and exercises efficiently. Try to improve each round by working on your technique and setting personal goals.



EQUESTRIAN – JUMPING

Organising the game

- Organise your teams and changeover efficiently.
- Make sure that all competitors are aware of layout and order of the course.
- Ensure that times are collated, faults are added up correctly and fair play encouraged.

Officiating

- Involve young people in officiating roles such as:
 - Designating captains who decide the order in which the team members compete.
 - Judging, scoring and timekeeping throughout the game.
- Encourage children to design a variety of courses and think of different challenges to enhance the game.

Keep it enjoyable

- Vary the standard of the fences so all levels can compete.
- Ensure that teams competing against each other are fairly chosen.
- Allow players to have input into how they want to run the competition.

Make it easier

- Lower the height of the jumps.
- Develop shorter courses with fewer elements.
- Keep the physical challenge to low impact and less challenging.

Think inclusively

- Allow visually impaired athletes to work with a guide and allow them to walk the course to familiarise themselves before competing.
- If beneficial create a shorter or simpler course within or alongside the regular course.
- For wheelchair users design a range of 'jumps' that involve negotiating around obstacles, under barriers or moving through gates.
- Create a range of physical challenges that can be performed seated. Consider using small weights or exercise bands.
- If beneficial allow SEN/disabled pupils to work in larger teams.

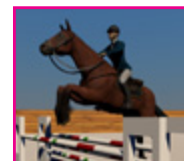
Safety

- This game can be played in any space, but the surface must not be slippery.
- Ensure pupils can take off and land safely.
- Use safe landing areas for all obstacles.

Spirit of the Games: *Excellence through Competition*



Through competition respect, understand and admire all the people and animals around you.



Horse jumping.



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