


Ground lessons
at a Riding Center
Sommer Boss Path Intl.
Certified Riding Instructor
and Equine Specialist

What is a Ground lesson?

- **Ground Lesson:** is a class form combining the horses, participants, instructor, and volunteers in learning horsemanship skills and knowledge and to increase personal growth accomplished on the ground



Ground topics / lesson ideas:

• Horse health	• Identification: Horse body parts, parts of the hoof
• Vet care	• Riding Equipment
• Farrier	• Driving Equipment (if your farm does this)
• Feed and nutrition	• Vaulting Equipment (if your farm does this)
• Weather	• Disciplines: English, Western, Driving, vaulting, etc.
• Pastures and pasture time	• Horse Breeds
• Property maintenance	
• Grooming	
• Horse leading	

Ground topics / Lesson ideas:

- Horse colors and marking
- Horse behavior
- Lunging a horse
- Gaits of the horse
- Gaited vs. Trotting horses
- Trailering a horse(s)
- Clipping and Trimming horses
- Braiding horses
- Weight taping horses
- Ground Driving
- Horse Body condition and conformation
- Horse muscle structure
- Horse skeleton structure
- Drill team pattern for leading and/or riding
- Participants can set up an arena course for either leading and/or riding through

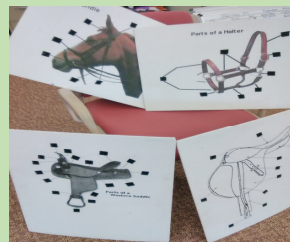
Ground Topics / lesson idea:

- Dress up horses
- Pretending to be our horses
- Safety for riders and horses
- Fun horse questions and answers
- Fun other activities: scavenger hunt, holiday theme, coloring, other arts and crafts
- Bathing our horses
- Halter shows



Some how's for Ground lessons

- Demonstrate on fake horse how to do something
- Pull out tack for hands on use
- Use the your real horses for hands on
- Picture on cardboard with Velcro to put the words on with



How's for ground lessons

- Use real samples of what the horse eat for riders to touch
- Have the participants put out obstacles or props out in arena or whatever space you are use to do activities, exercises and such



There is a skill progression for ground work

- Ground skill progression includes: safety, grooming, leading, gaits of the horses, Tack/Equipment, Horse Care, Horse Behavior, Advance horse handling, Other Horsemanship skills and knowledge



Lesson planning for ground lessons?

- What are the parts needed for writing a good lesson plan?
- Date/time
- Instructor
- Objective
- Section for the participants, their assigned horse, and volunteers needed, set up and items needed, Intro, what, whys, how's, where, progression, craft/art, wrap up, additional notes, safety checks

Date/Time: _____
 Instructor: _____
 Objective: _____

Equipment	Materials	Supplies	Other	Notes

 Prep/Setup: Main Set up:
 Safety/Check: _____
 Introduction: _____

Volunteers and ground lessons

- Is a change of pace for them
- They learn from this class setting too
- Interactions can with instructor and riders and volunteers can be more one on one when needed
- Interactions between all participants and volunteers



Reasons for Ground lessons

- When weather is causing problems
- For participants who mounted, driving, vaulting lessons may not be appropriate
- When you do not have enough volunteers to do you mounted class safely
- Can have them at any time of day, year round



Benefits of lessons:

- **For People:** Safety, Confidence, Communication, Independence, Horsemanship skills and knowledge, Balance, Posture, Alignment, Stamina, Work out, Assertiveness, Vocabulary, Acceptance, Respect, Patience, Boundaries and space, Relationships – positive and healthy, Empowers, Gives Value, Sportsmanship, Responsibility
- Increases positive emotions, Gives common ground, Healing, Equality, Kindness, Work Ethic, Joy, Positive self-worth, Positive Behavior, positive experiences, All that truly goes into caring for horses, Social skills, Being present in the moment, Team work

Benefits of lessons:

- For The Horses: Boundaries and spacing, Alternative to mounted lessons / vaulting / driving, Team Work, Varsity, Work on ground manners, Patience, change of pace, still getting attention and love, people being present in the moment with them, have a job

How this can Benefit?

- Think about the clients that this lesson format can help and who it is already helping at your center:
- Mental Health clients
- For the Clients you may not have what is need to have mounted safely but ground lesson may benefit them better instead
- Reading groups, leader training groups
- Who else can you think of?

How to get participants and their families and/or care givers on board with Ground lessons?

- Talk with them about what participants will get out of the lessons
- The goals that will be set for each individual both short term and long term
- How this lesson form will help the participant
- The participants will get hands on time each week with the horses

Path Intl. Standards

- GA1 Mandatory – Ground lessons must be overseen by an Path certified individual (pg.99)
- MA6 (Pg.84) and A32 (Pg.49) address helmets (Mandatory)
- F9 (Pg.56) Safe place for participants, parents, teacher, visitors etc.to congregate away from center activities
- A35 (Pg.51) Equipment Safety Checks
- F24 (Pg. 63) Tack organized and easy to access

- From the Path Intl. Standards Manual

Thank you!!

- Any other Questions?